Volume 15, Number 5

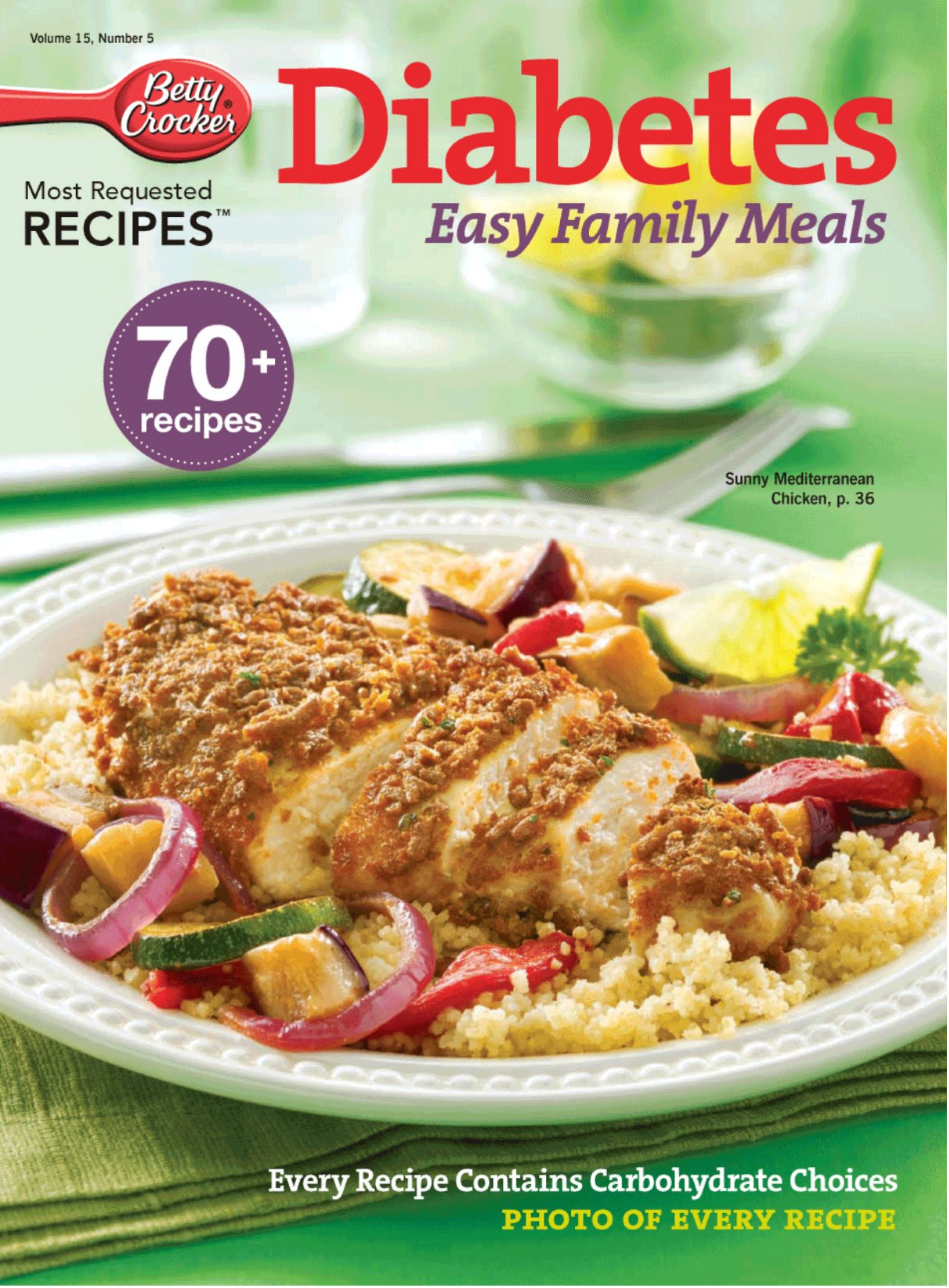
Betty Crocker®

Most Requested RECIPES™

Diabetes

Easy Family Meals

70+ recipes



Sunny Mediterranean Chicken, p. 36

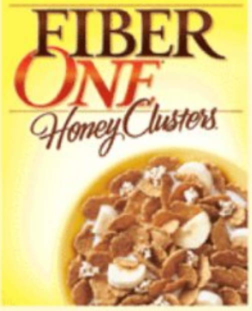
Every Recipe Contains Carbohydrate Choices

PHOTO OF EVERY RECIPE

Meet your new favorite fiber cereal.

serving suggestion

Delicious, lightly sweetened whole grain flakes. Crunchy honey clusters.
Half a day's worth of fiber.



Rethink Fiber.

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letter from the editor

If you're like me, you love to eat. I dearly love homemade soup served with delicious, warm bread and my favorite, oatmeal-raisin cookies. Just because you or a family member have diabetes doesn't have to change that. In fact, having diabetes will make you aware of what you eat and when you eat it, so you can enjoy your food more than ever.

A bit of planning and really tasty recipes can be a big help. Knowing that, we've created this issue of Most Requested Recipes™. And the entire family will enjoy them, so you don't have to make separate meals. Check out the cozy casseroles, like Nacho Chicken Casserole (p. 19) or Italian-Style Shepherd's Pie (p. 20). If you're in the mood to try something new, Graham-Crusted Tilapia (p. 33) is easy and delicious. Warm yourself on a chilly night with steaming bowls of Italian Chicken Noodle Soup (p. 51) served with homemade, easy Three-Seed Flatbread (p. 85).

Dessert, anyone? Choose the familiar with a twist, Double-Banana Bread (p. 84) or try a dramatic, layered dessert, Mexican Chocolate-Raspberry Parfaits (p. 92) for an easy, yet refreshing change.

With these delicious choices, the hardest part of eating for diabetes may just be which recipes to make. The best part is that you'll feel better, and have the sound mind that your whole family is eating well.

Cheri A. Olerud

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Save a couple of carb choices for these super, hard-to-resist desserts and snacks that are actually good for you!

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The Role of Carbohydrates

Foods contain three main nutrients: carbohydrate, protein and fat. Carbohydrates are necessary for good nutrition--they provide important vitamins and minerals and give your body the energy to function properly, but they can raise your blood glucose level, so pay attention to how much of them you eat.

It's best to space carbs throughout the day to get the energy you need without overwhelming your body's insulin supply. Since your body "runs" on carbohydrates, every meal and snack needs to contain some.

Choices: An Easy Way to Count Carbohydrates

The total amount of carbohydrate you need daily is divided into sets of 15 grams each. One set of 15 grams of carbohydrate equals 1 Carbohydrate Choice. It's that simple: all you have to count are carbohydrates.

Spread across meals and snacks, your meal plan includes the right number of Carbohydrate Choices for you. If a food has 5 or more grams of fiber, you can subtract the total fiber grams from the total carbohydrate grams before determining the number of Carbohydrate Choices.

Essential Nutrients

Fiber helps maintain a healthy digestive tract and lower blood cholesterol levels. Experts recommend at least 25 grams of fiber daily. To get enough fiber, include:

- **Whole-grain** breads, cereals, bran, rice, pastas
- **Vegetables and fruits**, with edible skins, seeds and hulls
- **Legumes** (dried beans and peas) and nuts

Water quenches thirst, replenishes fluids lost throughout the day and helps keep your body running smoothly. Experts recommend at least eight glasses of water daily.

Where's the Carbohydrate?

These foods contain your body's favorite energy source, carbohydrate:

- Fruit and fruit juices
- Cereal, pasta, rice and other grains
- Breads, crackers and rolls
- Milk and yogurt
- Sugar, honey, jam, jelly and syrup
- Cakes, pies, bars, cookies, candy and ice cream
- Chips, buttered popcorn and crackers.
- Pizza, soups, stews, pasta, casseroles and sandwiches
- Vegetables, like potatoes and corn

Five Simple Secrets to Help Manage Diabetes

You can help keep blood glucose levels close to normal and achieve a healthy diet by:

1. EATING BREAKFAST

Breakfast sets the stage for energy and nutrition for the day. Breakfast eaters tend to have diets containing more vitamins, minerals and fiber and less fat and often have better control over their weight.

2. NOT SKIPPING MEALS

Skipping meals makes it difficult to maintain blood glucose levels and can be a set-up to overeat at the next meal. When staying on your food plan isn't possible, find appropriate snacks to hold you over until your next meal.

3. PLANNING MEALS AND SNACKS

Planning helps you become an expert on what foods work well for you. If you don't plan, you may find yourself eating what's available and that may not be best for you. In each meal, include a little protein from lean meats, nuts and low-fat dairy foods.

4. CONTROLLING PORTION SIZES

The Plate System, developed by the American Diabetes Association, is a great tool to visually balance your plate --even restaurant meals. Pretend your plate is divided in half. Then divide one of those halves into equal sections:

One-half plate = Non-starchy Vegetables (spinach, broccoli, cauliflower, eggplant, tomatoes, asparagus, romaine lettuce).

One-fourth plate = 1 serving Meat or Other Protein (egg or tofu).

One-fourth plate = Bread/Grain (bread, rice, tortillas, cereal) or Starchy Vegetables (potatoes, corn, beans, lentils).

For more, see *Rate Your Plate* at www.diabetes.org.

5. BEING ACTIVE

Exercise helps lower blood pressure, improves blood cholesterol level and controls weight. Regular physical activity also helps lower blood glucose levels by making your body's cells more sensitive to insulin. Find an activity or two that are right for you and fit them into your life.

In Your Kitchen.

You can reduce fat, calories and sodium and add fiber and flavor where it counts the most, in your kitchen.

» Cut down on fat. Think liquid; use canola or olive oil rather than solid butter, margarine or shortening.

» Cook without adding fat. Braise, steam, poach, or bake. Grill and broiling allow fat to drip off.

» Reduce cholesterol. Use egg whites and substitutes. Eat cholesterol-lowering oats and barley.

» Eat 100% whole wheat bread and buns, whole wheat pasta, couscous, brown rice, bulgur wheat, millet, quinoa.

» Eat more vegetables and fruits.

» Add legumes and beans to soups, stews and stir-fries.

» Include potassium-rich foods, peaches, tuna, beans, spinach and tomatoes.

» Pick low-sodium broth; cook potatoes, pasta, rice in unsalted water.

INSTEAD OF SALT, SPRINKLE ON:

- Lemon juice
- Vinegar (or balsamic vinegar)
- Chopped fresh or dried herbs
- Salt-free seasoning blends
- Grated lemon, lime or orange peel
- Chopped fresh chile peppers

Bacon and Tomato
Frittata, p. 12

quick skillet meals and casseroles

Any one of these super-easy, terrific-tasting skillet dishes is bound to become your next family favorite.

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Curried Turkey Stir-Fry

3 carb choices

Prep Time: 30 Minutes
Start to Finish: 30 Minutes
Servings: 4 (1¼ cups stir-fry and ¾ cup rice each)

1¾ cups uncooked instant brown rice
2 teaspoons canola oil
1 lb turkey breast tenderloins, cut into 2x1-inch strips
1 medium red bell pepper, cut into thin strips
2 cups small broccoli florets
1¼ cups reduced-sodium chicken broth
4 teaspoons cornstarch
4 teaspoons curry powder
½ teaspoon ground ginger
¼ teaspoon salt

1. Cook rice as directed on package, omitting butter and salt.

2. Meanwhile, in 12-inch nonstick skillet, heat oil over medium-high heat. Add turkey; cook 5 to 8 minutes, stirring frequently, until browned. Stir in bell pepper and broccoli. Cook 2 minutes.

3. In small bowl, stir together remaining ingredients. Stir into turkey and vegetables. Heat to boiling; reduce heat. Cover and cook 2 to 3 minutes or until vegetables are crisp-tender and turkey is no longer pink in center. Serve over brown rice.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 360 (Calories from Fat 45); Total Fat 5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 75mg; Sodium 400mg; Total Carbohydrate 46g (Dietary Fiber 4g; Sugars 2g); Protein 33g
% Daily Value: Vitamin A 25%; Vitamin C 80%; Calcium 6%; Iron 15%
Exchanges: 2½ Starch, 1 Vegetable, 3 Very Lean Meat, ½ Fat

Tips »

DID YOU KNOW?

Because it's quick, instant rice is a great choice for busy cooks. When you have the time, make this stir-fry with regular brown rice. Brown rice cooks in 45 minutes and has a chewy, nutty texture. You can cook it ahead of time and refrigerate for up to three days or freeze for up to three months. Just heat and eat.

HEALTH TWIST

One healthy change you can make to your diet is to eat more fruits and vegetables. Fruits and veggies provide fiber and antioxidants which may help protect against some cancers.

Szechuan Beef and Bean Sprouts

½ carb choice

Prep Time: 25 Minutes
Start to Finish: 35 Minutes
Servings: 4 (1¼ cups each)

- 1 lb boneless beef eye of round steak, trimmed of fat
- ¼ cup reduced-sodium chicken broth
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon Szechuan sauce
- ⅛ teaspoon crushed red pepper flakes
- 4 plum (Roma) tomatoes, cut into 8 pieces
- 2 cups fresh bean sprouts (4 oz)
- 1 tablespoon chopped fresh cilantro

1. Cut beef with grain into 2-inch strips; cut strips across grain into ⅛-inch slices. (Beef is easier to cut if partially frozen, 30 to 60 minutes.) In medium bowl, stir together broth, soy sauce, Szechuan sauce and pepper flakes. Stir in beef. Let stand 10 minutes.

2. Drain beef; reserve marinade. Heat 12-inch nonstick skillet over medium-high heat. Add half of the beef to skillet; stir-fry 2 to 3 minutes or until brown. Remove beef from skillet. Repeat with remaining beef. Return all beef to skillet.

3. Add reserved marinade, the tomatoes and bean sprouts to beef in skillet; stir-fry about 1 minute or until vegetables are warm. Sprinkle with cilantro.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 200 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 65mg; Sodium 340mg; Total Carbohydrate 6g (Dietary Fiber 1g; Sugars 3g); Protein 30g
% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 2%; Iron 20%
Exchanges: 1 Vegetable, 4 Very Lean Meat, 1 Fat

Tips »

DID YOU KNOW?

For the leanest cuts of meat, look for the words "round" or "loin" in the name—think eye of round, top round, sirloin, or tenderloin.

HEALTH TWIST

This dish is high in iron, an important mineral that transports oxygen to all the body's cells. Iron is more easily absorbed when eaten with a food high in vitamin C, like Roma tomatoes.

Bacon and Tomato Frittata

0 carb choice

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 4

1 carton (16 oz) fat-free egg product or 8 eggs
¼ teaspoon salt-free garlic-and-herb seasoning
¼ teaspoon salt
1 tablespoon canola oil
4 medium green onions, sliced (¼ cup)
2 large plum (Roma) tomatoes, sliced
½ cup shredded reduced-fat sharp Cheddar cheese (2 oz)
2 tablespoons real bacon pieces (from 2.8-oz package)
2 tablespoons reduced-fat sour cream

1. In medium bowl, mix egg product, garlic-and-herb seasoning and salt; set aside.

2. In 10-inch nonstick ovenproof skillet, heat oil over medium heat. Add onions; cook and stir 1 minute. Reduce heat to medium-low. Pour in egg mixture. Cook 6 to 9 minutes, gently lifting edges of cooked portions with spatula so that uncooked egg mixture can flow to bottom of skillet, until set.

3. Set oven control to broil. Top frittata with tomatoes, cheese and bacon. Broil with top 4 inches from heat 1 to 2 minutes or until cheese is melted. Top each serving with sour cream.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 140 (Calories from Fat 60); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 610mg; Total Carbohydrate 4g (Dietary Fiber 1g; Sugars 2g); Protein 18g
% Daily Value: Vitamin A 20%; Vitamin C 4%; Calcium 15%; Iron 15%
Exchanges: 2 ½ Very Lean Meat, 1 Fat

Tips »

HEALTH TWIST
In recipes that call for eggs, you can use egg substitute (follow the package directions for amount) or eggs. Eggs are full of nutrients, but the key is not to have more than 3 or 4 a week due to the cholesterol they contain.

SERVE-WITH
You can serve frittatas for breakfast, brunch, lunch or dinner. Team this terrific frittata with toast, skim milk and your favorite berries.

Green Chile, Egg and Potato Bake

1½ carb choices

Prep Time: 20 Minutes
Start to Finish: 1 Hour 30 Minutes
Servings: 8

- 3 cups frozen diced hash brown potatoes (from 2-lb bag), thawed
- ½ cup Green Giant® Niblets® frozen whole kernel corn, thawed
- ¼ cup chopped roasted red bell peppers (from 7-oz jar)
- 1 can (4.5 oz) Old El Paso® chopped green chiles, undrained
- 1½ cups shredded reduced-fat Colby-Monterey Jack cheese blend (6 oz)
- 2½ cups fat-free egg product or 10 eggs
- ½ cup reduced-fat cottage cheese
- ½ teaspoon dried oregano leaves
- ¼ teaspoon garlic powder
- 4 medium green onions, chopped (¼ cup)

1. Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In baking dish, layer potatoes, corn, bell peppers, chiles and 1 cup of the shredded cheese.

2. In medium bowl, beat egg product, cottage cheese, oregano and garlic powder with wire whisk until well blended. Slowly pour over potato mixture. Sprinkle with onions and remaining ½ cup shredded cheese.

3. Cover and bake 30 minutes. Uncover and bake about 30 minutes longer or until knife inserted in center comes out clean. Let stand 5 to 10 minutes before cutting.

High Altitude (3500-6500 ft): Cover and bake 30 minutes. Uncover and bake about 35 minutes longer.

Nutrition Information Per Serving:
1 SERVING: Calories 200 (Calories from Fat 45); Total Fat 5g (Saturated Fat 3g; Trans Fat 0g); Cholesterol 10mg; Sodium 630mg; Total Carbohydrate 21g (Dietary Fiber 3g; Sugars 3g); Protein 17g
% Daily Value: Vitamin A 25%; Vitamin C 15%; Calcium 20%; Iron 10%
Exchanges: 1 Starch, ½ Other Carbohydrate, 2 Very Lean Meat, ½ Fat

Tip »

DO-AHEAD

Save on last-minute fussing by assembling this brunch dish a day ahead. Cover and refrigerate, then bake as directed.

Corn, Cheddar and Tomato Quiche

1 carb choice

Prep Time: 10 Minutes
Start to Finish: 45 Minutes
Servings: 4

1 cup 8th Continent® original soymilk
1 cup fat-free egg product or 4 eggs
¼ cup chopped fresh cilantro
½ teaspoon chili powder
¼ teaspoon salt
¼ teaspoon pepper
1 cup Green Giant® Niblets® frozen whole kernel corn, thawed
¾ cup shredded reduced-fat Cheddar cheese (3 oz)
1 medium tomato, seeded, chopped (¾ cup)

1. Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray. In medium bowl, stir together all ingredients except corn, cheese and tomato until blended. Stir in remaining ingredients; pour into pie plate.

2. Bake 30 to 35 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.

High Altitude (3500-6500 ft): Heat oven to 375°F. Stir 2 tablespoons flour into other ingredients. Bake 40 to 45 minutes.

Nutrition Information Per Serving:
1 SERVING: Calories 130 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 510mg; Total Carbohydrate 13g (Dietary Fiber 2g; Sugars 5g); Protein 15g
% Daily Value: Vitamin A 20%; Vitamin C 6%; Calcium 25%; Iron 10%
Exchanges: 1 Other Carbohydrate, 2 Very Lean Meat Carbohydrate

Tips »

SUBSTITUTION
Green Giant® Mexicorn®–whole kernel corn with red and green peppers–makes a colorful and easy substitute for the frozen corn and roasted peppers.

HEALTH TWIST
If you haven't tried soy milk lately, you're in for a tasty surprise! It's also an easy recipe ingredient and contains as much calcium as cow's milk.

Sesame Shrimp Stir-Fry

3½ carb choices

Prep Time: 25 Minutes
Start to Finish: 1 Hour 25 Minutes
Servings: 4

- 12 oz uncooked deveined peeled large shrimp, thawed if frozen, tail shells removed
- ¼ cup teriyaki marinade
- 1½ cups uncooked quinoa
- ½ cup water
- 1 tablespoon cornstarch
- 1 tablespoon canola oil
- 1 medium carrot, sliced (½ cup)
- 2 cups fresh snow pea pods, strings removed cut in half
- 2 cups sliced fresh mushrooms (about 5 oz)
- 1 tablespoon sesame seed, toasted

1. In 8-inch square (2-quart) glass baking dish, place shrimp. Pour teriyaki marinade over shrimp. Cover and refrigerate at least 1 hour but no longer than 2 hours.

2. Rinse quinoa under cold water 1 minute; drain. Cook quinoa as directed on package.

3. Meanwhile, remove shrimp from marinade; reserve marinade. Stir water and cornstarch into remaining marinade; set aside.

4. Heat wok or 10-inch nonstick skillet over medium-high heat. Add oil; rotate wok to coat side. Add carrot; cook and stir 1 minute. Add shrimp, pea pods and mushrooms; cook and stir 3 to 5 minutes or until shrimp are pink and vegetables are crisp-tender.

5. Stir marinade mixture into shrimp mixture; heat to boiling. Cook and stir until sauce is thickened. Sprinkle with sesame seed. Serve with quinoa.

High Altitude (3500-6500 ft): After adding shrimp, pea pods and mushrooms, cook and stir 4 to 6 minutes.

Nutrition Information Per Serving:
1 SERVING: Calories 400 (Calories from Fat 80); Total Fat 9g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 120mg; Sodium 780mg; Total Carbohydrate 53g (Dietary Fiber 5g; Sugars 8g); Protein 25g
% Daily Value: Vitamin A 60%; Vitamin C 20%; Calcium 8%; Iron 50%
Exchanges: 2 Starch, 1 Other Carbohydrate, 1 Vegetable, 2 ½ Very Lean Meat, 1½ Fat

Tip »

TIME-SAVER
Instant brown rice is ready in about 10 minutes and has twice the fiber of instant white rice.

Fire Roasted Tomato-Shrimp Veracruz with Couscous

4 carb choices

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 4

- 1 tablespoon olive or canola oil
- 1 lb uncooked deveined peeled medium shrimp, thawed if frozen, tail shells removed
- 4 medium green onions, sliced (¼ cup)
- 1 medium fresh jalapeño or serrano chile, seeded, finely chopped
- 1 teaspoon grated orange peel
- 1 teaspoon chopped fresh or ½ teaspoon dried thyme leaves
- 1 can (14.5 oz) Muir Glen® organic fire roasted diced tomatoes, undrained
- 1½ cups uncooked whole wheat couscous

1. In 12-inch skillet, heat oil over medium-high heat. Cook shrimp, green onions, chile, orange peel and thyme in oil 1 minute, stirring frequently.

2. Stir in tomatoes. Heat to boiling. Reduce heat; simmer uncovered about 5 minutes, stirring occasionally, until shrimp are pink and sauce is slightly thickened.

3. Meanwhile, make couscous as directed on package, omitting butter and salt. Serve shrimp mixture over couscous.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 390 (Calories from Fat 50); Total Fat 5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 160mg; Sodium 420mg; Total Carbohydrate 58g (Dietary Fiber 7g; Sugars 4g); Protein 27g
% Daily Value: Vitamin A 20%; Vitamin C 20%; Calcium 8%; Iron 30%
Exchanges: 2 ½ Starch, 1 Other Carbohydrate, 1 Vegetable, 2 ½ Very Lean Meat, ½ Fat

Tip »

HEALTH TWIST

Great news! Now you can buy whole wheat couscous, which contains all parts of the grain, making it a wonderful whole-grain accompaniment to any main dish.

Turkey and Green Chile Stuffing Casserole

2½ carb choices

Prep Time: 25 Minutes
Start to Finish: 1 Hour 40 Minutes
Servings: 6

- 2 tablespoons butter or margarine
- 1 medium onion, chopped (½ cup)
- 1 small red bell pepper, chopped (½ cup)
- 4 cups seasoned cornbread stuffing mix
- 1 cup Green Giant® Niblets® frozen whole kernel corn
- 1 can (4.5 oz) Old El Paso® chopped green chiles, undrained
- 1½ cups water
- 2 turkey breast tenderloins (about ¾ lb each)
- ½ teaspoon chili powder
- ½ teaspoon peppered seasoned salt

1. Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, melt butter over medium-high heat. Cook onion and bell pepper in butter 2 to 3 minutes, stirring frequently, until tender. Stir in stuffing mix, corn, chiles and water. Spread stuffing mixture in baking dish.

2. Sprinkle both sides of turkey tenderloins with chili powder and peppered seasoned salt. Place on stuffing, pressing into stuffing mixture slightly. Spray sheet of foil with cooking spray. Cover baking dish with foil, sprayed side down.

3. Bake 1 hour. Uncover and bake 10 to 15 minutes longer or until juice of turkey is no longer pink when centers of thickest pieces are cut.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 340 (Calories from Fat 60); Total Fat 7g (Saturated Fat 3g; Trans Fat 0g); Cholesterol 85mg; Sodium 940mg; Total Carbohydrate 38g (Dietary Fiber 3g; Sugars 5g); Protein 31g
% Daily Value: Vitamin A 20%; Vitamin C 25%; Calcium 6%; Iron 20%
Exchanges: 2 Starch, ½ Other Carbohydrate, 3½ Very Lean Meat, ½ Fat

Tip »

HEALTH TWIST
You can reduce or eliminate the peppered seasoned salt in this recipe if you are sensitive to sodium.

Sesame Chicken

2 carb choices

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 4

- 1¼ cups water
- ⅛ teaspoon salt
- 1 cup uncooked instant brown rice
- ⅔ cup water
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons lemon juice
- 1 tablespoon cornstarch
- 1 teaspoon toasted sesame oil
- 2 teaspoons canola or olive oil
- 1 package (14 oz) uncooked chicken breast tenders (not breaded), pieces cut in half
- 1 bag (1 lb) frozen bell pepper and onion stir-fry, thawed, drained
- 1 tablespoon sesame seed

1. In 2-quart saucepan, heat 1¼ cups water and the salt to boiling over high heat. Stir in rice. Reduce heat to low. Cover; simmer about 10 minutes or until water is absorbed. Fluff with fork.

2. Meanwhile, in small bowl, stir ⅔ cup water, the soy sauce, lemon juice, cornstarch and sesame oil; set aside.

3. Heat nonstick wok or 12-inch skillet over medium-high heat. Add canola oil; rotate wok to coat side. Add chicken; stir-fry 2 to 3 minutes. Add stir-fry vegetables; stir-fry 3 to 5 minutes or until chicken is no longer pink in center and vegetables are crisp-tender.

4. Stir soy sauce mixture into chicken mixture; heat to boiling. Cook and stir until sauce is thickened. Sprinkle with sesame seed. Serve with rice.

High Altitude (3500-6500 ft): In step 3 after adding chicken, stir-fry 3 to 4 minutes. After adding vegetables, stir-fry 5 to 8 minutes.

Nutrition Information Per Serving:
1 SERVING: Calories 280 (Calories from Fat 50); Total Fat 5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 45mg; Sodium 600mg; Total Carbohydrate 34g (Dietary Fiber 2g; Sugars 5g); Protein 25g
% Daily Value: Vitamin A 2%; Vitamin C 30%; Calcium 2%; Iron 4%
Exchanges: 2 Starch, 1 Vegetable, 2½ Very Lean Meat, ½ Fat

Tip »

SUBSTITUTION
Alter the flavor of this dish by using pork loin pieces instead of chicken.

Nacho Chicken Casserole

2 carb choices

Prep Time: 15 Minutes
Start to Finish: 1 Hour 25 Minutes
Servings: 5

- 2 cups diced cooked chicken
- ½ cup uncooked instant rice
- 1 can (14.5 oz) diced tomatoes, drained
- 1 can (10¾ oz) condensed reduced-fat reduced-sodium cream of chicken soup
- 1 can (11 oz) Green Giant® whole kernel corn with red and green peppers, undrained
- 1 teaspoon Old El Paso® taco seasoning mix (from 1.25-oz package)
- 1¼ cups shredded reduced-fat Cheddar cheese (5 oz)
- 1 cup tortilla chips

1. Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In casserole, stir chicken, rice, tomatoes, soup, corn, taco seasoning mix and 1 cup of the cheese until well mixed.

2. Cover and bake about 1 hour or until rice is tender and mixture is heated through. Top with tortilla chips; sprinkle with remaining ¼ cup cheese. Bake about 10 minutes longer or until filling is bubbly and cheese is melted.

Nutrition Information Per Serving:
1 SERVING: Calories 330 (Calories from Fat 80); Total Fat 9g (Saturated Fat 3g; Trans Fat 0g); Cholesterol 55mg; Sodium 950mg; Total Carbohydrate 34g (Dietary Fiber 2g; Sugars 6g); Protein 28g
% Daily Value: Vitamin A 4%; Vitamin C 8%; Calcium 25%; Iron 15%
Exchanges: 2 Starch, 3 Lean Meat

Tip »

HEALTH TWIST

Part of the health equation is being active. Make "move more" choices: Go on a fitness walk or participate in a sport. Being active for 30 to 60 minutes every day is important, plus it's fun. Get the kids involved, too!

Italian-Style Shepherd's Pie

3 carb choices

Prep Time: 20 Minutes
Start to Finish: 50 Minutes
Servings: 4 (1½ cups each)

- 1 lb boneless beef sirloin, trimmed of fat, cut into 1-inch cubes
- 1 medium onion, sliced (1 cup)
- 2 medium carrots, sliced (1 cup)
- ¼ teaspoon pepper
- 1½ cups sliced fresh mushrooms (about 4 oz)
- 1 jar (14 oz) tomato pasta sauce (any variety) (1½ cups)
- ½ box (7.2-oz size) Betty Crocker® roasted garlic mashed potatoes (1 pouch)
- ¾ cup hot water
- 1¼ cups fat-free (skim) milk
- 1 tablespoon butter or margarine
- 2 tablespoons shredded fresh Parmesan cheese

1. Heat oven to 375°F. Spray 2-quart casserole or 11x7-inch glass baking dish with cooking spray. Heat 12-inch nonstick skillet over medium-high heat. Add beef, onions and carrots to skillet; sprinkle with pepper. Cook 3 to 5 minutes, stirring frequently, until beef is brown.

2. Stir in mushrooms and pasta sauce. Heat to boiling. Cook over medium heat 5 minutes, stirring occasionally. Spread in casserole.

3. Make potatoes as directed on box for 4 servings, using 1 pouch Potatoes and Seasoning, water, milk and butter. Spoon into 8 mounds around edge of hot beef mixture. Sprinkle cheese over all.

4. Bake uncovered 25 to 30 minutes or until bubbly and potatoes are light golden brown.

High Altitude (3500-6500 ft): Make potatoes following High Altitude directions on package.

Nutrition Information Per Serving:
1 SERVING: Calories 430 (Calories from Fat 100); Total Fat 12g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 75mg; Sodium 920mg; Total Carbohydrate 47g (Dietary Fiber 4g; Sugars 16g); Protein 35g
% Daily Value: Vitamin A 120%; Vitamin C 10%; Calcium 20%; Iron 20%
Exchanges: 1½ Starch, 1 Other Carbohydrate, 1 Vegetable, 4 Lean Meat

Stir-Fried Pork with Mushrooms and Broccoli

2 carb choices

Prep Time: 25 Minutes
Start to Finish: 25 Minutes
Servings: 4 (1½ cups stir-fry and 1 cup rice each)

- 1½ cups uncooked instant brown rice
- 1 tablespoon cornstarch
- ¼ cup reduced-sodium teriyaki marinade (from 12-oz bottle)
- ½ cup water
- ½ teaspoon ground ginger
- 3 teaspoons canola oil
- ¾ lb boneless pork loin, trimmed of fat, cut into 2-inch strips
- 2 cups fresh broccoli florets
- 1 small onion, cut into thin wedges
- 1 package (8 oz) sliced fresh mushrooms (3 cups)
- 1 medium red, yellow or orange bell pepper, cut into 1-inch pieces
- 2 cloves garlic, finely chopped

1. Cook rice as directed on package, omitting butter and salt. Meanwhile, place cornstarch in small bowl or cup. Gradually stir in teriyaki marinade, water and ginger.

2. In 12-inch nonstick skillet or wok, heat 2 teaspoons of the oil over medium-high heat. Add pork; cook and stir 4 to 5 minutes or until no longer pink in center. Remove pork from skillet; keep warm.

3. Add remaining 1 teaspoon oil to skillet. Add broccoli, onion, mushrooms, bell pepper and garlic; cook and stir 4 to 5 minutes or until vegetables are crisp-tender.

4. Stir cornstarch mixture into broccoli mixture. Add pork; cook and stir until sauce is thickened. Serve over rice.

High Altitude (3500-6500 ft): Add up to ¼ cup water if sauce gets too thick.

Nutrition Information Per Serving:
1 SERVING: Calories 310 (Calories from Fat 100); Total Fat 11g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 55mg; Sodium 380mg; Total Carbohydrate 30g (Dietary Fiber 3g; Sugars 7g); Protein 24g
% Daily Value: Vitamin A 25%; Vitamin C 80%; Calcium 4%; Iron 8%
Exchanges: 1 Starch, ½ Other Carbohydrate, 1½ Vegetable, 2½ Lean Meat, ½ Fat

Stuffed-Crust Pizza

2 carb choices

Prep Time: 20 Minutes
Start to Finish: 35 Minutes
Servings: 8

- 3 cups Original Bisquick® mix
- ⅔ cup very hot water
- 2 tablespoons olive or canola oil
- 4 sticks mozzarella or Colby-Monterey Jack cheese (from 10-oz package), cut lengthwise in half
- 1 can (8 oz) pizza sauce
- 1 cup shredded reduced-fat Italian cheese blend (4 oz)
- 1½ cups sliced fresh mushrooms (4 oz)
- 1 large green bell pepper, chopped (1 cup)
- 1 can (2¼ oz) sliced ripe olives, drained

1. Move oven rack to lowest position. Heat oven to 450°F. Spray 12-inch pizza pan with cooking spray.

2. In large bowl, stir Bisquick mix, hot water and oil with fork until soft dough forms; beat vigorously 20 strokes. If dough is dry, stir in additional 1 tablespoon water. Cover and let stand 8 minutes.

3. Pat or press dough in bottom and 1 inch over side of pizza pan. Place sticks of cheese along edge of dough, overlapping if necessary. Fold 1-inch edge of dough over and around cheese; press to seal. Bake 7 minutes.

4. Spread pizza sauce over partially baked crust. Sprinkle with ½ cup of the Italian cheese, the mushrooms, bell pepper and olives. Sprinkle with remaining ½ cup cheese.

5. Bake 9 to 12 minutes or until crust is golden brown and cheese is melted.

Nutrition Information Per Serving:
1 SERVING: Calories 320 (Calories from Fat 130); Total Fat 14g (Saturated Fat 5g; Trans Fat 2g); Cholesterol 15mg; Sodium 920mg; Total Carbohydrate 35g (Dietary Fiber 2g; Sugars 4g); Protein 12g
% Daily Value: Vitamin A 8%; Vitamin C 15%; Calcium 25%; Iron 10%
Exchanges: 1 ½ Starch, 1 Other Carbohydrate, 1 Medium-Fat Meat, 1½ Fat

Tips »

VARIATION

Turn this into Veggie Stuffed Crust Pizza by adding your favorite veggies before baking. You can add more mushrooms and peppers, or try chunks of broccoli, spinach or cauliflower.

SERVE-WITH

Round out your meal by serving with grapes or berries.

Mexican Macaroni and Cheese

3 carb choices

Prep Time: 25 Minutes
Start to Finish: 25 Minutes
Servings: 4

- 2 cups uncooked radiatore (nugget) pasta (6 oz)
- ½ cup shredded reduced-fat Colby-Monterey Jack cheese blend (2 oz)
- ¼ cup sliced ripe olives
- ½ cup fat-free (skim) milk
- 1 small red bell pepper, chopped (½ cup)
- 1 can (4.5 oz) Old El Paso® chopped green chiles, drained
- Chopped fresh cilantro, if desired

1. Cook and drain pasta as directed on package.

2. Stir remaining ingredients except cilantro into pasta. Cook over low heat about 5 minutes, stirring occasionally, until cheese is melted and sauce is hot. Sprinkle with cilantro.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 260 (Calories from Fat 45); Total Fat 5g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 10mg; Sodium 850mg; Total Carbohydrate 42g (Dietary Fiber 3g; Sugars 4g); Protein 12g
% Daily Value: Vitamin A 25%; Vitamin C 30%; Calcium 15%; Iron 15%
Exchanges: 2½ Starch, ½ High-Fat Meat

Tips »

SPECIAL TOUCH

Top this Mexican mac and cheese with a little salsa, sliced olives and a dollop of reduced-fat sour cream.

SUBSTITUTION

Radiatore is a really fun pasta that kids love, but any medium-size pasta shape, such as rotini, penne or wagon wheel, also works great.

Penne with Spicy Sauce

4 carb choices

Prep Time: 30 Minutes
Start to Finish: 30 Minutes
Servings: 6

- 1 package (16 oz) whole wheat penne pasta
- 1 can (28 oz) Muir Glen® organic fire roasted whole peeled plum tomatoes, undrained
- 2 tablespoons olive or canola oil
- 2 cloves garlic, finely chopped
- ½ to 1 teaspoon crushed red pepper flakes
- 2 tablespoons chopped fresh parsley
- 1 tablespoon tomato paste
- ½ cup freshly grated or shredded Parmesan cheese (2 oz)

1. Cook and drain pasta as directed on package.

2. Meanwhile, in food processor or blender, place tomatoes with juice. Cover and process until coarsely chopped; set aside.

3. In 12-inch skillet, heat oil over medium-high heat. Cook garlic, red pepper and parsley in oil about 5 minutes, stirring frequently, until garlic just begins to turn golden. Stir in chopped tomatoes and tomato paste. Heat to boiling; reduce heat. Cover and simmer about 10 minutes, stirring occasionally, until slightly thickened.

4. Add pasta and ¼ cup of the cheese to tomato mixture. Cook about 3 minutes, tossing gently, until pasta is evenly coated. Sprinkle with remaining ¼ cup cheese.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 370 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 5mg; Sodium 600mg; Total Carbohydrate 59g (Dietary Fiber 7g; Sugars 5g); Protein 15g
% Daily Value: Vitamin A 8%; Vitamin C 10%; Calcium 20%; Iron 20%
Exchanges: 4 Starch, 1 Fat

Tips »

SERVE-WITH

This is a great meatless meal. Tame the fiery pepper taste with steamed broccoli.

VARIATION

Add 2 tablespoons chopped fresh basil and 1 teaspoon chopped fresh oregano with the parsley to enhance the herb flavor.

Spinach and Turkey Enchiladas

2 carb choices

Prep Time: 25 Minutes
Start to Finish: 1 Hour 10 Minutes
Servings: 8 enchiladas

- 1 lb lean ground turkey
- 1 medium onion, chopped (½ cup)
- 1 box (9 oz) Green Giant® frozen spinach
- 1 can (4.5 oz) Old El Paso® chopped green chiles, undrained
- ½ teaspoon ground cumin
- ½ teaspoon garlic-pepper blend
- ½ cup fat-free sour cream
- 1 cup shredded reduced-fat Colby-Monterey Jack cheese blend (4 oz)
- 1 can (10 oz) Old El Paso® enchilada sauce
- 1 package (11.5 oz) Old El Paso® flour tortillas (8 tortillas)
- ½ cup Old El Paso® Thick 'n Chunky salsa

1. Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, cook turkey and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until turkey is no longer pink.

2. Stir in spinach; cook, stirring frequently, until thawed. Stir in green chiles, cumin, garlic-pepper blend, sour cream and ½ cup of the cheese.

3. Spread about 1 teaspoon enchilada sauce on each tortilla. Top each with about ½ cup turkey mixture. Roll up tortillas; place seam sides down in baking dish. In small bowl, mix remaining enchilada sauce and the salsa; spoon over enchiladas. Sprinkle with remaining ½ cup cheese.

4. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down. Bake 40 to 45 minutes or until thoroughly heated.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 ENCHILADA: Calories 300 (Calories from Fat 100); Total Fat 11g (Saturated Fat 3.5g; Trans Fat 1g); Cholesterol 45mg; Sodium 910mg; Total Carbohydrate 31g (Dietary Fiber 1g; Sugars 3g); Protein 21g
% Daily Value: Vitamin A 80%; Vitamin C 4%; Calcium 25%; Iron 15%
Exchanges: 2 Starch, 2 Medium-Fat Meat

Graham-Crusted
Tilapia, p. 33

fresh fish, poultry and meat

Flavorful and fast, here are fish and meat dishes tasty enough to have them ask for more and special enough for drop-in guests.

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Grilled Salmon with Fresh Lime Cream

0 carb choice

Prep Time: 30 Minutes
Start to Finish: 1 Hour
Servings: 6

SALMON

1 teaspoon grated lime peel
¼ cup lime juice
2 tablespoons honey
1 tablespoon chopped fresh or 1 teaspoon dried dill weed
2 teaspoons canola oil
1½ lb salmon fillets, cut into 6 serving pieces
½ teaspoon salt

LIME CREAM

⅓ cup fat-free mayonnaise
1 teaspoon grated lime peel
2 teaspoons lime juice

1. In small bowl, mix 1 teaspoon lime peel, ¼ cup lime juice, the honey, dill weed and oil.

2. In 8-inch square (2-quart) glass baking dish, arrange salmon pieces, skin sides up, in single layer. Pour marinade over salmon; turn in marinade to cover all sides. Cover with plastic wrap and refrigerate 20 to 30 minutes.

3. Heat gas or charcoal grill. Carefully brush grill rack with oil. Remove salmon from marinade; discard marinade. Sprinkle salmon with salt. Place skin side down on grill over medium heat. Cover grill; cook 10 to 15 minutes or until salmon flakes easily with fork.

4. Meanwhile, in small bowl, mix Lime Cream ingredients with wire whisk. Serve with salmon.

High Altitude (3500-6500 ft): Cover and grill over medium-low heat.

Nutrition Information Per Serving:
1 SERVING: Calories 180 (Calories from Fat 70); Total Fat 7g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 75mg; Sodium 370mg; Total Carbohydrate 4g (Dietary Fiber 0g; Sugars 3g); Protein 24g
% Daily Value: Vitamin A 2%; Vitamin C 2%; Calcium 0%; Iron 4%
Exchanges: 3½ Lean Meat

Tips »

HEALTH TWIST
Get in the habit of serving fish at least once a week. Salmon is high in heart-friendly omega-3 fatty acids, plus it's tasty!

SERVE-WITH
Serve this salmon with pasta or rice and Spinach-Mango Salad, page 68.

Southwestern Chicken Scaloppine

½ carb choice

Prep Time: 30 Minutes
Start to Finish: 30 Minutes
Servings: 4

- 4 boneless skinless chicken breasts (about 1¼ lb)
- ¼ cup Gold Medal® all-purpose flour
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1½ tablespoons canola oil
- ½ cup chicken broth
- ¼ teaspoon red pepper sauce, if desired
- 2 tablespoons lime juice
- 2 tablespoons chopped fresh cilantro

1. Between pieces of plastic wrap or waxed paper, place chicken breast half with smooth side down; gently pound with flat side of meat mallet or rolling pin until about ¼ inch thick. Repeat with remaining chicken. Cut chicken into smaller pieces if desired.

2. In shallow dish, mix flour, cumin and salt. Coat chicken with flour mixture. Reserve 1 teaspoon flour mixture.

3. In 12-inch nonstick skillet, heat oil over medium heat. Add chicken; cook 3 to 5 minutes on each side or until golden brown and no longer pink in center. Remove chicken from skillet; cover to keep warm.

4. In small bowl, stir reserved 1 teaspoon flour mixture into broth. Gradually stir broth mixture and red pepper sauce into skillet. Heat to boiling; stir in lime juice and cilantro. Serve sauce over chicken.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 250 (Calories from Fat 90); Total Fat 10g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 85mg; Sodium 500mg; Total Carbohydrate 7g (Dietary Fiber 0g; Sugars 0g); Protein 33g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 10%
Exchanges: ½ Starch, 4 ½ Very Lean Meat, 1½ Fat

Tips »

SERVE-WITH
Serve with cornbread or corn muffins, steamed green beans or broccoli, and fresh fruit for a scrumptious dinner.

VARIATION
Instead of chicken, use 1 pound pork tenderloin. Cut into 4 pieces, and flatten as directed for the chicken.

Tuna with Avocado-Kiwi Salsa

½ carb choice

Prep Time: 40 Minutes
Start to Finish: 1 Hour 10 Minutes
Servings: 6

TUNA

1½ lb tuna steaks, ¾ to 1 inch thick
¼ cup lime juice
2 teaspoons chili oil
2 tablespoons finely chopped fresh cilantro
1 clove garlic, finely chopped
½ teaspoon salt

SALSA

1 small avocado, pitted, peeled and coarsely chopped (1 cup)
1 kiwifruit, peeled, chopped (½ cup)
3 medium green onions, chopped (3 tablespoons)
1 small jalapeño chile, seeded, finely chopped (1 tablespoon)
2 tablespoons lime juice
2 tablespoons chopped fresh cilantro
¼ teaspoon salt

1. If tuna steaks are large, cut into 6 serving pieces. In shallow glass or plastic dish, mix remaining tuna ingredients. Add tuna; turn to coat with marinade. Cover; refrigerate, turning once, at least 30 minutes but no longer than 2 hours to marinate.

2. Meanwhile, in medium bowl, mix all salsa ingredients; refrigerate.

3. Spray grill rack with cooking spray. Heat gas or charcoal grill. Remove tuna from marinade; reserve marinade. Place tuna on grill. Cover grill; cook over medium heat 11 to 16 minutes, brushing 2 or 3 times with marinade and turning once, until tuna flakes easily with fork and is slightly pink in center. Discard any remaining marinade. Top tuna with salsa.

Nutrition Information Per Serving:
1 SERVING: Calories 220 (Calories from Fat 100); Total Fat 11g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 65mg; Sodium 360mg; Total Carbohydrate 6g (Dietary Fiber 2g; Sugars 2g); Protein 23g
% Daily Value: Vitamin A 4%; Vitamin C 40%; Calcium 2%; Iron 6%
Exchanges: ½ Other Carbohydrate, 3 ½ Lean Meat

Graham-Crusted Tilapia

½ carb choice

Prep Time: 15 Minutes
Start to Finish: 25 Minutes
Servings: 4

- 1 lb tilapia, cod, haddock or other medium-firm fish fillets, about ¾ inch thick
- ½ cup graham cracker crumbs (about 8 squares)
- 1 teaspoon grated lemon peel
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup fat-free (skim) milk
- 2 tablespoons canola oil
- 2 tablespoons chopped toasted pecans

1. Move oven rack to position slightly above middle of oven. Heat oven to 500°F.

2. Cut fish fillets crosswise into 2-inch-wide pieces. In shallow dish, mix cracker crumbs, lemon peel, salt and pepper. Place milk in another shallow dish.

3. Dip fish into milk, then coat with cracker mixture. Place in ungreased 13x9-inch pan. Drizzle oil over fish; sprinkle with pecans.

4. Bake about 10 minutes or until fish flakes easily with fork.

Nutrition Information Per Serving:
1 SERVING: Calories 230 (Calories from Fat 100); Total Fat 12g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 60mg; Sodium 300mg; Total Carbohydrate 9g (Dietary Fiber 0g; Sugars 5g); Protein 23g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 4%
Exchanges: ½ Starch, 3 Lean Meat, ½ Fat

Tip »

SUCCESS HINT

Toasting nuts adds a lot of great flavor. To toast nuts, bake uncovered in ungreased shallow pan in 350°F oven 6 to 10 minutes, stirring occasionally, until light brown.

Halibut with Potato Succotash

2 carb choices

Prep Time: 20 Minutes
Start to Finish: 45 Minutes
Servings: 4

- 1 halibut fillet (1 to 1½ lb)
- 1 tablespoon butter or margarine, melted
- 1 tablespoon canola oil
- 2 cups frozen diced potatoes O'Brien (from 32-oz bag)
- 1 box (9 oz) Green Giant® frozen baby lima beans
- 1 cup Green Giant® Niblets® frozen whole kernel corn
- ½ teaspoon garlic-pepper blend
- ½ teaspoon seasoned salt
- ½ teaspoon dried thyme leaves
- ⅛ teaspoon ground red pepper (cayenne)

1. Heat oven to 425°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cut halibut into 4 serving-size pieces. Place halibut in baking dish. Brush butter over halibut.

2. In 10-inch nonstick skillet, heat oil over medium-high heat. Cook potatoes in oil 5 minutes, stirring occasionally. Stir in lima beans and corn. Cook 3 to 5 minutes or until vegetables are crisp-tender. Spoon mixture around halibut in baking dish. Sprinkle halibut and vegetables with remaining ingredients; stir vegetables slightly.

3. Bake 20 to 25 minutes or until halibut flakes easily with fork and vegetables are tender.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 300 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 70mg; Sodium 340mg; Total Carbohydrate 30g (Dietary Fiber 5g; Sugars 3g); Protein 27g
% Daily Value: Vitamin A 8%; Vitamin C 10%; Calcium 4%; Iron 10%
Exchanges: 2 Starch, 3 Very Lean Meat, 1 Fat

Tips »

VARIATION

Try this colorful dish with swordfish or salmon instead of halibut.

TIME-SAVER

It's easier if you cook the halibut with the skin on. When it's done, the fish separates easily from the skin and you can discard it.

Grilled Shrimp Kabobs

1 carb choice

Prep Time: 20 Minutes
Start to Finish: 50 Minutes
Servings: 4

- 1 lb uncooked deveined peeled large shrimp, thawed if frozen, tail shells removed
- 1 cup fat-free Italian dressing
- 1 medium red onion, cut into 8 pieces
- 1 medium bell pepper, cut into 8 pieces
- 16 medium cherry tomatoes
- 16 small whole mushrooms

1. Place shrimp and dressing in shallow glass or plastic dish or heavy-duty resealable food-storage plastic bag. Cover dish or seal bag and refrigerate 30 minutes.

2. Heat gas or charcoal grill. Remove shrimp from marinade; reserve marinade. Thread shrimp, onion, bell pepper, tomatoes and mushrooms alternately on each of four 15-inch metal skewers, leaving ¼-inch space between each piece.

3. Place kabobs on grill over medium heat. Cover grill; cook 6 to 8 minutes, turning frequently and brushing several times with marinade, until shrimp are pink. Discard any remaining marinade.

Nutrition Information Per Serving:
1 SERVING: Calories 140 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 160mg; Sodium 680mg; Total Carbohydrate 12g (Dietary Fiber 2g; Sugars 8g); Protein 20g
% Daily Value: Vitamin A 20%; Vitamin C 30%; Calcium 6%; Iron 20%
Exchanges: ½ Other Carbohydrate, 1 Vegetable, 2 ½ Very Lean Meat

Tip »

SUCCESS HINT
Leave about a ¼-inch space between the pieces on the skewers to allow for even cooking.

Sunny Mediterranean Chicken

3 carb choices

Prep Time: 30 Minutes
Start to Finish: 30 Minutes
Servings: 6

CHICKEN

- 1 cup Fiber One® cereal
- 6 boneless skinless chicken breasts (about 1¾ lb)
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup fat-free (skim) milk
- 1 tablespoon chopped fresh parsley

VEGETABLES

- ¼ cup olive or canola oil
- 1 medium zucchini, sliced (2 cups)
- 1 small unpeeled eggplant, cubed (2 cups)
- 1 jar (7 or 7.25 oz) roasted red bell peppers, drained, cut into ½-inch strips
- ½ large red onion, sliced, separated into rings
- 1 large clove garlic, finely chopped
- 3 tablespoons water
- 4 teaspoons lime juice

COUSCOUS

- 1½ cups water
- ¼ teaspoon salt
- 1 cup uncooked whole wheat couscous

GARNISH

- 1 lime, cut into 6 wedges

1. Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet. Sprinkle both sides of chicken with ½ teaspoon salt and the pepper. In shallow dish, place milk. In another shallow dish, place cereal and parsley; dip chicken into milk, then coat with cereal.

2. In 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium heat. Cook chicken in oil 15 minutes, turning once, until juice of chicken is clear when thickest part is cut (170°F). Remove chicken from skillet; cover to keep warm.

3. In same skillet, heat remaining 2 tablespoons oil over medium heat. Cook zucchini, eggplant, roasted peppers, onion and garlic in oil 3 minutes, stirring occasionally. Stir in 3 tablespoons water and the lime juice; cook about 1 minute or until vegetables are crisp-tender.

4. Meanwhile, in 2-quart saucepan, heat 1½ cups water and ¼ teaspoon salt to boiling. Stir in couscous. Cover; remove from heat and let stand 5 minutes or until water is absorbed. Fluff couscous with fork.

5. On large serving platter, place couscous. Top with chicken and vegetables. Serve with lime wedges.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 430 (Calories from Fat 130); Total Fat 14g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 80mg; Sodium 410mg; Total Carbohydrate 41g (Dietary Fiber 9g; Sugars 5g); Protein 35g
% Daily Value: Vitamin A 35%; Vitamin C 50%; Calcium 8%; Iron 20%
Exchanges: 2 Starch, 1½ Vegetable, 4 Very Lean Meat, 2 Fat

Dijon Chicken Smothered in Mushrooms

½ carb choice

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 4

4 boneless skinless chicken breasts (about 1¼ lb)
¼ cup Gold Medal® all-purpose flour
½ teaspoon salt
¼ teaspoon pepper
2 tablespoons olive or canola oil
½ cup roasted garlic-seasoned chicken broth (from 14-oz can)
1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
1½ tablespoons Dijon mustard
Chopped fresh thyme, if desired

1. Between pieces of plastic wrap or waxed paper, place chicken breast half with smooth side down; gently pound with flat side of meat mallet or rolling pin until about ¼ inch thick. Repeat with remaining chicken. In shallow pan, stir together flour, salt and pepper.

2. Heat oil in 12-inch nonstick skillet over medium-high heat. Coat both sides of chicken with flour mixture. Cook chicken in hot oil 6 to 8 minutes, turning once, until chicken is no longer pink in center. Remove chicken to serving plate; cover to keep warm.

3. Stir broth into skillet. Heat to boiling over medium-high heat. Stir in mushrooms and mustard. Cook 2 to 3 minutes, stirring frequently, until slightly thickened. Spoon sauce over chicken. Sprinkle with thyme.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 270 (Calories from Fat 110); Total Fat 12g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 85mg; Sodium 760mg; Total Carbohydrate 8g (Dietary Fiber 1g; Sugars 0g); Protein 33g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 10%
Exchanges: ½ Starch, 4½ Very Lean Meat, 1½ Fat

Tip »

HEALTH TWIST

If you are keeping an eye on salt intake, opt for low-sodium chicken broth, add ½ teaspoon garlic powder (or to taste) and leave out the salt.

Tropical Chicken Salad

2 carb choices

Prep Time: 25 Minutes
Start to Finish: 25 Minutes
Servings: 4

- 1 lb boneless skinless chicken breasts, cut into ½-inch strips
- 2 tablespoons blackened seasoning blend
- 1 tablespoon canola oil
- 1 bag (5.5 oz) mixed baby salad greens (4 cups)
- 1 medium mango, seed removed, peeled and diced (1 cup)
- ½ medium red onion, sliced (¾ cup)
- 1 small red bell pepper, chopped (½ cup)
- ⅔ cup raspberry vinaigrette

1. Place chicken in heavy-duty resealable food-storage plastic bag. Sprinkle seasoning blend over chicken; seal bag and shake until chicken is evenly coated.

2. Heat oil in 10-inch nonstick skillet over medium-high heat. Cook chicken in oil 7 to 10 minutes, stirring frequently, until no longer pink in center. Remove chicken from skillet; drain on paper towels.

3. In large bowl, toss salad greens, mango, onion and bell pepper; divide among 4 plates. Top with chicken. Drizzle with vinaigrette.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 280 (Calories from Fat 70); Total Fat 7g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 70mg; Sodium 560mg; Total Carbohydrate 26g (Dietary Fiber 3g; Sugars 14g); Protein 26g
% Daily Value: Vitamin A 70%; Vitamin C 100%; Calcium 6%; Iron 10%
Exchanges: 1½ Other Carbohydrate, 1 Vegetable, 3½ Very Lean Meat, 1 Fat

Tips »

HEALTH TWIST

Loaded with mango and bell pepper, this salad is a tasty source of vitamins A and C. Vitamin A is vital for proper eyesight and healthy hair and skin; vitamin C helps promote healthy gums, blood vessels, bones and teeth.

SERVE-WITH

Add a crusty roll and a glass of milk for a total of 3 Carbohydrate Choices. Then, select a small cookie or bar for dessert.

Grilled Garlic Steak Salad

½ carb choice

Prep Time: 25 Minutes
Start to Finish: 25 Minutes
Servings: 4

DRESSING

¼ cup olive or canola oil
2 tablespoons chopped fresh parsley
3 tablespoons red wine vinegar
1 tablespoon lemon juice
1 teaspoon chopped fresh or ½ teaspoon dried oregano leaves
½ teaspoon crushed red pepper flakes
2 cloves garlic, finely chopped

SALAD

1 lb boneless beef sirloin steak, 1 to 1½ inches thick
1 large bell pepper, cut into strips
1 cup sliced fresh mushrooms (3 oz)
6 cups bite-size pieces salad greens

1. Heat gas or charcoal grill. In tightly covered container, shake dressing ingredients; set aside.

2. Place beef on grill over medium heat. Cover grill; cook 10 to 14 minutes, turning once, until desired doneness.

3. Meanwhile, in medium bowl, toss bell pepper and mushrooms with 2 tablespoons of the dressing. Place vegetables in grill basket (grill "wok"). Place basket on grill. Cover grill; cook vegetables 5 minutes, shaking grill basket or stirring vegetables occasionally, until bell pepper is crisp-tender.

4. Season beef to taste with salt and pepper; cut into ¼-inch slices. In large bowl, toss beef and ¼ cup of the dressing. Add salad greens and vegetables. Drizzle with remaining dressing; toss.

Broil Directions: Make dressing as directed. Set oven setting to broil. Place beef on rack in broiler pan. Broil with top 4 to 6 inches from heat 6 minutes. Meanwhile, in medium bowl, toss bell pepper and mushrooms with 2 tablespoons of the dressing. Turn beef over; add vegetables. Broil 5 minutes longer or beef is desired doneness and bell pepper is crisp-tender. Continue as directed in step 4.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 200 (Calories from Fat 110); Total Fat 12g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 45mg; Sodium 40mg; Total Carbohydrate 5g (Dietary Fiber 2g; Sugars 2g); Protein 19g
% Daily Value: Vitamin A 80%; Vitamin C 110%; Calcium 4%; Iron 15%
Exchanges: 1 Vegetable, 2½ Lean Meat, 1 Fat

Latin-Style Flank Steak with Spicy Parsley Pesto

0 carb choice

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 4

- 1 beef flank steak (1 lb)
- ¼ teaspoon pepper
- ¼ teaspoon salt
- ½ cup chopped fresh Italian (flat-leaf) or curly-leaf parsley
- 2 teaspoons red wine vinegar
- 5 or 6 drops red pepper sauce
- ⅛ teaspoon ground cumin

1. Place oven rack in second position from the top. Set oven control to broil.

2. On rack in broiler pan, place beef. Sprinkle with pepper and half of the salt. Broil with top 4 to 6 inches from heat 10 to 12 minutes, turning once, until desired doneness.

3. In small bowl, mix parsley, vinegar, pepper sauce, cumin and remaining half of the salt.

4. Cut beef across grain into thin strips. Serve beef with parsley pesto.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 180 (Calories from Fat 70); Total Fat 8g (Saturated Fat 3g; Trans Fat 0g); Cholesterol 50mg; Sodium 190mg; Total Carbohydrate 0g (Dietary Fiber 0g; Sugars 0g); Protein 26g
% Daily Value: Vitamin A 15%; Vitamin C 8%; Calcium 0%; Iron 15%
Exchanges: 3½ Lean Meat

Tips »

TIME-SAVER

For easy cleanup, line the broiler pan with foil.

SERVE-WITH

Herb-Roasted Root Vegetables, page 74, are a good accompaniment to the steak, or choose your favorite vegetable.

Spicy Parmesan Meatballs with Angel Hair Pasta

3½ carb choices

Prep Time: 50 Minutes
Start to Finish: 50 Minutes
Servings: 4

- ¾ cup Fiber One® cereal
- 1 lb extra-lean (at least 90%) ground beef
- ¼ cup shredded Parmesan cheese (1 oz)
- ¾ teaspoon Italian seasoning
- ¼ teaspoon garlic powder
- 1 can (8 oz) tomato sauce
- 1 can (14.5 oz) diced tomatoes with green pepper and onion, undrained
- ⅛ teaspoon ground red pepper (cayenne)
- 6 oz uncooked whole wheat angel hair (capellini) pasta
- Additional shredded Parmesan cheese, if desired
- 1 to 2 tablespoons chopped fresh parsley, if desired

1. Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet.

2. In large bowl, mix cereal, beef, ¼ cup cheese, the Italian seasoning, garlic powder and ¼ cup of the tomato sauce until well blended. Shape into 16 (1½-inch) meatballs.

3. Spray 12-inch skillet with cooking spray. Cook meatballs in skillet over medium heat 8 to 10 minutes, turning occasionally, until browned. Drain if necessary. Add remaining tomato sauce, the tomatoes and red pepper to skillet; turn meatballs to coat.

4. Cover; cook over medium-low heat 15 to 20 minutes, stirring sauce and turning meatballs occasionally, until meatballs are thoroughly cooked and no longer pink in center.

5. Meanwhile, cook and drain pasta as directed on package. Serve meatballs over pasta. Top each serving with additional Parmesan cheese and parsley.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 460 (Calories from Fat 110); Total Fat 12g (Saturated Fat 5g; Trans Fat 0.5g); Cholesterol 75mg; Sodium 950mg; Total Carbohydrate 54g (Dietary Fiber 10g; Sugars 9g); Protein 33g
% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 20%; Iron 40%
Exchanges: 2½ Starch, 1 Other Carbohydrate, 3½ Lean Meat

Grilled Pork Tenderloin with Pineapple Salsa

½ carb choice

Prep Time: 40 Minutes
Start to Finish: 40 Minutes
Servings: 4

PORK

- 2 teaspoons canola oil
- 2 pork tenderloins (¾ lb each)
- 1 teaspoon black pepper
- ¼ to ½ teaspoon ground red pepper (cayenne)
- ½ teaspoon salt

PINEAPPLE SALSA

- 1 can (8 oz) pineapple tidbits, drained
- 4 medium green onions, sliced (¼ cup)
- ¼ cup chopped red bell pepper
- 2 tablespoons chopped fresh or 2 teaspoons dried mint leaves
- ½ teaspoon grated lime peel
- 2 teaspoons lime juice
- ¼ teaspoon salt

1. Heat gas or charcoal grill. Rub 1 teaspoon oil onto each pork tenderloin; sprinkle with peppers and ½ teaspoon salt.

2. Carefully brush grill rack with oil. Place pork on grill over medium heat. Cover grill; cook 20 to 30 minutes, turning 3 times, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.

3. Meanwhile, in medium bowl, mix salsa ingredients. Cut pork into ½-inch slices. Serve with salsa.

Broil Directions: Set oven control to broil. Prepare pork as directed in step 1; place on rack in broiler pan. Broil with tops 4 to 5 inches from heat using times in recipe as a guide, turning 3 times, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F. Continue as directed in step 3.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 270 (Calories from Fat 80); Total Fat 9g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 110mg; Sodium 520mg; Total Carbohydrate 8g (Dietary Fiber 1g; Sugars 7g); Protein 39g
% Daily Value: Vitamin A 10%; Vitamin C 40%; Calcium 2%; Iron 15%
Exchanges: ½ Other Carbohydrate, 5½ Very Lean Meat, 1 Fat

Sage and Maple Roasted Pork and Squash

1½ carb choices

Prep Time: 15 Minutes
Start to Finish: 1 Hour 10 Minutes
Servings: 4

- 4 bone-in pork loin chops, ½ inch thick (about 1¾ lb)
- 1 medium unpeeled buttercup squash, cut into 4 wedges
- ½ teaspoon seasoned salt
- ½ teaspoon dried sage leaves
- ¼ teaspoon garlic powder
- ¼ cup real maple or maple-flavored syrup
- 1 tablespoon butter or margarine, melted

1. Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. Place pork chops and squash in pan. Sprinkle squash and both sides of pork chops with seasoned salt, sage and garlic powder; rub with fingers to distribute evenly.

2. In small bowl, mix maple syrup and butter. Brush about half of mixture over pork and squash.

3. Cover pan with foil; bake 40 minutes. Turn pork chops over; brush pork and squash with maple mixture. Bake uncovered 10 to 15 minutes longer or until pork is no longer pink in center and squash is tender.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 360 (Calories from Fat 130); Total Fat 14g (Saturated Fat 6g; Trans Fat 0g); Cholesterol 95mg; Sodium 250mg; Total Carbohydrate 25g (Dietary Fiber 3g; Sugars 17g); Protein 32g
% Daily Value: Vitamin A 130%; Vitamin C 10%; Calcium 4%; Iron 10%
Exchanges: 1 Starch, ½ Other Carbohydrate, 4 Lean Meat, ½ Fat

Cajun Smothered Pork Chops

½ carb choice

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 4

- 4 bone-in pork loin chops, ½ inch thick (about 1 ¾ lb)
- 2 teaspoons salt-free extra-spicy seasoning blend
- 2 teaspoons canola oil
- ½ medium onion, sliced
- 1 jalapeño chile, seeded, chopped
- 1 can (14.5 oz) Muir Glen® organic diced tomatoes, undrained

1. Sprinkle both sides of pork chops with seasoning blend. In 12-inch nonstick skillet, heat oil over medium-high heat. Add onion and jalapeño; cook about 2 minutes, stirring occasionally, until slightly tender. Push mixture to one side of skillet.

2. Add pork to other side of skillet. Cook about 3 minutes, turning once, until browned. Add tomatoes. Heat to boiling; reduce heat. Cover; cook 4 to 8 minutes or until pork is no longer pink in center.

High Altitude (3500-6500 ft): After adding pork to skillet, cook about 5 minutes.

Nutrition Information Per Serving:
1 SERVING: Calories 270 (Calories from Fat 120); Total Fat 13g (Saturated Fat 4g; Trans Fat 0g); Cholesterol 90mg; Sodium 190mg; Total Carbohydrate 6g (Dietary Fiber 1g; Sugars 3g); Protein 32g
% Daily Value: Vitamin A 4%; Vitamin C 10%; Calcium 4%; Iron 10%
Exchanges: ½ Starch, 4 Lean Meat

Italian Chicken Noodle Soup, p. 51

speedy soups and sandwiches

On a cold winter's night, warm up with speedy soups and sensational sandwiches sure to nourish your body, mind and soul.

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Chicken-Vegetable Soup with Dumplings

1½ carb choices

Prep Time: 10 Minutes
Start to Finish: 35 Minutes
Servings: 6 (1 cup each)

- 2 cups cut-up cooked chicken
- 4 cups reduced-sodium chicken broth (from three 14-oz cans)
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh thyme leaves
- 2 cloves garlic, finely chopped
- 1 bag (1 lb) frozen mixed vegetables, thawed, drained
- 1 cup Original Bisquick® mix
- ⅓ cup fat-free (skim) milk

1. In 3-quart saucepan, heat all ingredients except Bisquick mix and milk to boiling, stirring occasionally.

2. In small bowl, stir Bisquick mix and milk with fork until soft dough forms. Drop dough by 18 teaspoonfuls onto boiling soup. If dumplings sink into soup, carefully bring to top of broth with slotted spoon.

3. Reduce heat to medium-low; cook uncovered 10 minutes. Cover; cook 15 minutes longer.

Nutrition Information Per Serving:
1 SERVING: Calories 230 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 1g); Cholesterol 40mg; Sodium 690mg; Total Carbohydrate 24g (Dietary Fiber 4g; Sugars 4g); Protein 19g
% Daily Value: Vitamin A 70%; Vitamin C 4%; Calcium 8%; Iron 10%
Exchanges: 1 Starch, 1 Vegetable, 2 Lean Meat

Tips »

SUBSTITUTION

Rich and hearty, this familiar chicken soup tastes as good as it looks, and the dumplings add a special touch. Use any combination of frozen vegetables your family enjoys.

SERVE-WITH

End your dinner with a chewy, fun dessert, like Peach and Blueberry Crisp with Crunchy Nut Topping, page 79, or Chewy Chocolate-Oat Bars, page 91.

Italian Beef and Bean Soup

1½ carb choices

Prep Time: 20 Minutes
Start to Finish: 40 Minutes
Servings: 5 (about 1½ cups each)

- 2 teaspoons Gold Medal® all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ lb boneless beef round steak, cut into ½-inch cubes
- 1 tablespoon olive or canola oil
- 1 can (15 oz) Progresso® cannellini beans, drained, rinsed
- 1 can (14.5 oz) diced tomatoes with basil, garlic and oregano, undrained
- 2 cups frozen Italian-blend vegetables (from 1-lb bag)
- 3 cups water
- Grated Parmesan cheese, if desired

1. In 1-quart resealable food-storage plastic bag, place flour, salt and pepper. Seal bag; shake until blended. Add beef; seal bag and shake until beef is evenly coated with flour mixture.

2. In 3-quart heavy saucepan or Dutch oven, heat oil over medium-high heat. Add beef; cook 4 to 5 minutes, stirring occasionally, until brown on all sides.

3. Stir in remaining ingredients except cheese. Heat to boiling. Reduce heat; simmer uncovered 15 to 20 minutes or until vegetables are tender. Serve with cheese.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 220 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 25mg; Sodium 250mg; Total Carbohydrate 25g (Dietary Fiber 7g; Sugars 4g); Protein 19g
% Daily Value: Vitamin A 6%; Vitamin C 8%; Calcium 10%; Iron 30%
Exchanges: 1½ Starch, 1 Vegetable, 1½ Very Lean Meat, ½ Fat

Tips »

SERVE-WITH
Add Italian breadsticks and a bagged salad for a quick and easy meal.

SUBSTITUTION
Beans are interchangeable. You can try kidney, pinto or great Northern beans for the cannellini beans in this steamy soup.

Fish Chowder

2 carb choices

Prep Time: 30 Minutes
Start to Finish: 30 Minutes
Servings: 5 (1½ cups each)

- 2 teaspoons canola oil
- 1 small onion, chopped (¼ cup)
- 1 medium stalk celery, chopped (½ cup)
- 2 cups frozen potatoes O'Brien with onions and peppers
- 1 can (14.75 oz) Green Giant® cream-style sweet corn
- 1 can (14 oz) reduced-sodium chicken broth
- 1¼ lb firm white fish fillets (such as cod or pollock), skin removed
- 1 cup fat-free (skim) milk
- 2 teaspoons cornstarch

1. In 3-quart saucepan, heat oil over medium heat. Add onion and celery; cook 2 to 3 minutes, stirring occasionally, until tender.

2. Stir in potatoes, corn and broth. Heat to boiling; reduce heat. Simmer uncovered about 5 minutes or until potatoes are tender.

3. Add whole fish fillets. Cover; cook 5 to 7 minutes or until fish flakes easily with fork. In measuring cup, mix milk and cornstarch; stir into chowder. Heat just to boiling.

Nutrition Information Per Serving:
1 SERVING: Calories 260 (Calories from Fat 35); Total Fat 4g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 60mg; Sodium 500mg; Total Carbohydrate 28g (Dietary Fiber 2g; Sugars 7g); Protein 27g **% Daily Value:** Vitamin A 4%; Vitamin C 10%; Calcium 10%; Iron 8% **Exchanges:** 2 Starch, 3 Very Lean Meat

Tip »

SUBSTITUTION
Halibut is a bit more expensive than some fish, but it provides a wonderful flavor and texture to this chowder. If you like, any firm fish can be used.

Italian Chicken Noodle Soup

1 carb choice

Prep Time: 35 Minutes
Start to Finish: 35 Minutes
Servings: 6 (1½ cups each)

- 1 tablespoon olive or canola oil
- 2 boneless skinless chicken breasts (about ½ lb), cut into ½-inch pieces
- 1 medium onion, chopped (½ cup)
- 2 cans (14 oz each) chicken broth
- 2 cups water
- 3 medium carrots, sliced (1½ cups)
- 2 cups fresh broccoli florets
- 1½ cups uncooked medium egg noodles
- 1 teaspoon dried basil leaves
- ½ teaspoon garlic-pepper blend
- ¼ cup shredded Parmesan cheese

1. In 4-quart saucepan, heat oil over medium heat. Add chicken; cook 4 to 6 minutes, stirring occasionally, until no longer pink in center. Stir in onion. Cook 2 to 3 minutes, stirring occasionally, until onion is tender.

2. Stir in broth, water and carrots. Heat to boiling. Reduce heat to medium; cook 5 minutes. Stir in broccoli, noodles, basil and garlic-pepper blend. Heat to boiling. Reduce heat; simmer uncovered 8 to 10 minutes, stirring occasionally, until vegetables and noodles are tender.

3. Top each serving with cheese.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 170 (Calories from Fat 60); Total Fat 6g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 35mg; Sodium 730mg; Total Carbohydrate 14g (Dietary Fiber 2g; Sugars 3g); Protein 15g
% Daily Value: Vitamin A 110%; Vitamin C 25%; Calcium 10%; Iron 8%
Exchanges: ½ Starch, 1 Vegetable, 1 ½ Very Lean Meat, 1 Fat

Tips »

SUBSTITUTION
You can easily use chicken thighs for part or all of the chicken breasts. Two boneless thighs usually equal one breast half.

SUBSTITUTION
Fresh vegetables are called for in this colorful soup, but if you keep frozen vegetables on hand, you can use them instead.

Southwest Chicken Soup with Baked Tortilla Strips

2½ carb choices

Prep Time: 15 Minutes
Start to Finish: 7 Hours 45 Minutes
Servings: 6

SOUP

1 lb boneless skinless chicken thighs, cut into 1-inch pieces
2 medium dark-orange sweet potatoes, peeled, cut into 1-inch pieces (2 cups)
1 large onion, chopped (1 cup)
2 cans (14.5 oz each) diced tomatoes with green chilies, undrained
1 can (14 oz) chicken broth
1 teaspoon dried oregano leaves
½ teaspoon ground cumin
1 cup Green Giant® Niblets® frozen whole kernel corn
½ cup chopped green bell pepper
2 tablespoons chopped fresh cilantro

BAKED TORTILLA STRIPS

8 yellow or blue corn tortillas (5 or 6 inch)

1. In 3½- to 4-quart slow cooker, mix chicken, sweet potatoes, onion, tomatoes, broth, oregano and cumin. Cover; cook on Low heat setting 7 to 8 hours.

2. Stir in corn and bell pepper. Increase heat setting to High; cover and cook about 30 minutes or until chicken is no longer pink in center and vegetables are tender.

3. Meanwhile, heat oven to 450°F. Spray 2 cookie sheets with cooking spray. Cut each tortilla into strips; place in single layer on cookie sheets. Bake about 6 minutes or until crisp but not brown; cool.

4. Spoon soup into individual bowls. Top with tortilla strips. Sprinkle with cilantro.

Nutrition Information Per Serving:
1 SERVING: Calories 310 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 45mg; Sodium 750mg; Total Carbohydrate 37g (Dietary Fiber 6g; Sugars 11g); Protein 23g
% Daily Value: Vitamin A 150%; Vitamin C 25%; Calcium 10%; Iron 15%
Exchanges: 2 Starch, 1½ Vegetable, 2 Lean Meat

Tip »

HEALTH TWIST

Eating soups and stews is an easy-and delicious–way to include more vegetables in your diet. Other options: Snack on baby carrots, cucumber slices and celery sticks.

Beef-Barley Stew

2 carb choices

Prep Time: 15 Minutes
Start to Finish: 1 Hour 25 Minutes
Servings: 6

- 1 lb extra-lean (at least 90%) ground beef
- 1 medium onion, chopped (½ cup)
- 2 cups beef broth
- ⅔ cup uncooked barley
- 2 teaspoons chopped fresh or ½ teaspoon dried oregano leaves
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 can (14.5 oz) whole tomatoes, undrained
- 1 can (8 oz) sliced water chestnuts, undrained
- 2 cups Green Giant® frozen mixed vegetables

1. Heat oven to 350°F. Spray 10-inch nonstick skillet with cooking spray. Add beef and onion; cook in skillet over medium heat 7 to 8 minutes, stirring occasionally, until beef is brown; drain.

2. In ungreased 3-quart casserole, mix beef mixture and remaining ingredients except frozen vegetables, breaking up tomatoes.

3. Cover; bake 30 minutes. Stir in frozen vegetables. Cover; bake 30 to 40 minutes longer or until barley is tender.

Nutrition Information Per Serving:
1 SERVING: Calories 280 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 45mg; Sodium 590mg; Total Carbohydrate 34g (Dietary Fiber 8g; Sugars 5g); Protein 20g **%**
Daily Value: Vitamin A 50%; Vitamin C 10%; Calcium 6%; Iron 20%
Exchanges: 1½ Starch, ½ Other Carbohydrate, 1 Vegetable, 2 Lean Meat

Tip »

HEALTH TWIST

One cup of cooked barley packs about 6 grams of fiber. This virtually fat-free whole grain also contains complex carbohydrates, B vitamins and protein. Look for hulled barley at your local co-op and you can use that, too.

Tomato-Lentil Soup

3 carb choices

Prep Time: 15 Minutes
Start to Finish: 50 Minutes
Servings: 4

- 1 tablespoon olive or canola oil
- 1 large onion, finely chopped (1 cup)
- 1 medium stalk celery, cut into ½-inch pieces (½ cup)
- 2 cloves garlic, finely chopped
- 2 medium carrots, cut into ½-inch pieces (1 cup)
- 1 cup dried lentils (8 oz), sorted, rinsed
- 4 cups water
- 2 teaspoons chicken or vegetable bouillon granules
- 1 teaspoon dried thyme leaves
- ¼ teaspoon pepper
- 1 dried bay leaf
- 1 can (28 oz) diced tomatoes, undrained

1. In 3-quart saucepan, heat oil over medium-high heat. Add onion, celery and garlic; cook about 5 minutes, stirring occasionally, until softened.

2. Stir in remaining ingredients except tomatoes. Heat to boiling. Reduce heat; cover and simmer 15 to 20 minutes or until lentils and vegetables are tender.

3. Stir in tomatoes. Simmer uncovered about 15 minutes longer or until thoroughly heated. Remove bay leaf.

Nutrition Information Per Serving:
1 SERVING: Calories 270 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 710mg; Total Carbohydrate 43g (Dietary Fiber 11g; Sugars 9g); Protein 15g
% Daily Value: Vitamin A 110%; Vitamin C 20%; Calcium 10%; Iron 40%
Exchanges: 2 Starch, ½ Other Carbohydrate, 1 Vegetable, 1 Very Lean Meat, ½ Fat

Tip »

HEALTH TWIST

Packed with onion, celery, carrots, lentils and tomatoes, this delicious soup is wholesome and vegetarian. To make it a full meal, serve it with Three-Seed Flatbread, page 85.

Grilled Fish Tacos

1 carb choice

Prep Time: 20 Minutes
Start to Finish: 35 Minutes
Servings: 4

- 2 tablespoons lime juice
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 2 tilapia or cod fillets (10 oz)
- 4 whole wheat tortillas (6 inch)
- 1 cup shredded lettuce
- ½ cup rinsed drained Progresso® black beans (from 15-oz can)
- ¼ cup chopped seeded tomato
- ¼ cup shredded reduced-fat Cheddar cheese
- ¼ cup reduced-fat sour cream, if desired
- 2 tablespoons chopped fresh cilantro

1. In pint-size heavy-duty resealable food-storage plastic bag, mix lime juice, chili powder and cumin. Add fish; seal bag. Turn bag several times to coat fish with marinade. Refrigerate 15 to 30 minutes.

2. Heat gas or charcoal grill. Carefully brush grill rack with canola oil. Place fish on grill over medium heat. Cover grill; cook 4 to 6 minutes, turning after 2 minutes, until fish flakes easily with fork.

3. Cut fish into bite-size pieces. Divide fish between tortillas; fill with remaining ingredients.

High Altitude (3500-6500 ft): Grill over medium heat 7 to 9 minutes, turning after 3 minutes.

Nutrition Information Per Serving:
1 SERVING: Calories 170 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 40mg; Sodium 250mg; Total Carbohydrate 18g (Dietary Fiber 4g; Sugars 1g); Protein 19g
% Daily Value: Vitamin A 10%; Vitamin C 4%; Calcium 10%; Iron 10%
Exchanges: 1 Starch, 2½ Very Lean Meat

Tip »

HEALTH TWIST
Now you can have this popular restaurant favorite at home for fewer calories and less fat.

Greek Turkey Burgers with Yogurt Sauce

2 carb choices

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 4

YOGURT SAUCE
½ cup plain fat-free yogurt
¼ cup chopped red onion
¼ cup chopped cucumber

BURGERS
1 lb lean ground turkey
½ cup plain fat-free yogurt
1 teaspoon dried oregano leaves
½ teaspoon garlic powder
½ teaspoon salt
½ teaspoon pepper
4 whole wheat hamburger buns

1. In small bowl, mix all sauce ingredients; refrigerate until ready to serve.

2. Set oven control to broil. In medium bowl, mix all burger ingredients except buns. Shape mixture into 4 patties, each about ½ inch thick and 5 inches in diameter. Place on rack in broiler pan.

3. Broil burgers with tops about 6 inches from heat 8 to 10 minutes, turning after 5 minutes, until thermometer inserted in center reads 165°F. Place burgers on buns. Serve with sauce.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 310 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2g; Trans Fat 0.5g); Cholesterol 75mg; Sodium 640mg; Total Carbohydrate 26g (Dietary Fiber 3g; Sugars 8g); Protein 33g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 15%; Iron 15%
Exchanges: 1½ Starch, 4 Very Lean Meat, 1 Fat

Tip »

SUCCESS HINT
This flavorful yogurt sauce also tastes great on pita bread wedges or use it as a dip for veggies.

Asian Chicken Roll-Ups

2½ carb choices

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 4

- 2 tablespoons crunchy peanut butter
- 2 tablespoons teriyaki baste and glaze (from 12-oz bottle)
- 1 tablespoon packed brown sugar
- 1 tablespoon hot water
- 1 teaspoon sesame or canola oil
- 4 Old El Paso® flour tortillas for burritos (8 inch; from 11.5-oz package)
- 8 slices (1 oz each) cooked deli chicken breast
- 1½ cups shredded iceberg lettuce
- 1½ cups shredded carrots
- ½ cup chopped fresh cilantro

1. In small bowl, beat peanut butter, teriyaki baste and glaze, brown sugar, water and oil with wire whisk until smooth.

2. Spread about 1½ tablespoons peanut butter mixture over each tortilla. Top each with 2 slices chicken, about ⅓ cup lettuce, about ⅓ cup carrots and 2 tablespoons cilantro. Roll up tortillas.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 340 (Calories from Fat 100); Total Fat 11g (Saturated Fat 2.5g; Trans Fat 0.5g); Cholesterol 50mg; Sodium 610mg; Total Carbohydrate 36g (Dietary Fiber 3g; Sugars 10g); Protein 24g
% Daily Value: Vitamin A 140%; Vitamin C 6%; Calcium 10%; Iron 15%
Exchanges: 1½ Starch, ½ Other Carbohydrate, 1 Vegetable, 2½ Lean Meat, ½ Fat

Tip »

SERVE-WITH
Enjoy these flavor-packed Asian roll-ups with ¾ cup cut-up fresh pineapple sprinkled with 1 teaspoon coconut. That addition will bring you to 3½ Carbohydrate Choices.

Grilled Barbecued Beef and Bean Burgers

3 carb choices

Prep Time: 25 Minutes
Start to Finish: 25 Minutes
Servings: 5

- ½ lb extra-lean (at least 90%) ground beef
- 1 can (15 to 16 oz) great northern beans, drained, rinsed
- ¼ cup finely crushed saltine crackers (about 7 squares)
- 2 tablespoons barbecue sauce
- ¼ teaspoon pepper
- 1 egg
- 5 teaspoons barbecue sauce
- 5 whole-grain hamburger buns, split
- Leaf lettuce, sliced tomatoes and sliced onions, if desired

1. Heat gas or charcoal grill. In large bowl, mix beef, beans, cracker crumbs, 2 tablespoons barbecue sauce, the pepper and egg. Shape mixture into 5 patties, about ½ inch thick.

2. Carefully brush grill rack with canola oil. Place patties on grill over medium heat. Cover grill; cook 5 minutes. Turn patties; spread each patty with 1 teaspoon barbecue sauce. Cook 6 to 8 minutes longer or until meat thermometer inserted in center of patties reads 160°F.

3. Fill buns with lettuce, patties, tomatoes and onions.

Nutrition Information Per Serving:
1 SERVING: Calories 320 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2.5g; Trans Fat 0.5g); Cholesterol 70mg; Sodium 390mg; Total Carbohydrate 43g (Dietary Fiber 7g; Sugars 8g); Protein 21g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 10%; Iron 30%
Exchanges: 2 Starch, 1 Other Carbohydrate, 2 Lean Meat

Tip »

SPECIAL TOUCH
Top these delicious burgers with your favorites: grilled onions, lettuce and tomato, relish or any veggies.

Peppered Pork Pitas with Garlic Spread

3 carb choices

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 4

- ⅓ cup fat-free mayonnaise or salad dressing
- 2 tablespoons fat-free (skim) milk
- 2 cloves garlic, finely chopped
- ½ lb boneless pork loin chops, cut into thin bite-size strips
- 1 tablespoon olive or canola oil
- 1 teaspoon coarsely ground pepper
- 1 jar (7.25 oz) roasted red bell peppers, drained, sliced
- 4 pita fold breads (7 inch)

1. In small bowl, mix mayonnaise, milk and garlic; set aside.

2. In medium bowl, mix pork, oil and pepper. Heat 10-inch skillet over medium-high heat. Add pork; cook 5 to 6 minutes, stirring occasionally, until pork is lightly browned and no longer pink in center. Stir in bell peppers; heat until warm.

3. Heat pita folds as directed on package. Lightly spread one side of each pita fold with garlic mixture. Spoon pork mixture over each; fold up.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 340 (Calories from Fat 80); Total Fat 9g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 35mg; Sodium 560mg; Total Carbohydrate 45g (Dietary Fiber 2g; Sugars 5g); Protein 19g
% Daily Value: Vitamin A 50%; Vitamin C 60%; Calcium 8%; Iron 15%
Exchanges: 2½ Starch, ½ Other Carbohydrate, 1½ Lean Meat, ½ Fat

Tips »

VARIATION
Use thinly sliced chicken instead of the pork. Cook 5 to 6 minutes or until the chicken is no longer pink in center.

HEALTH TWIST
For extra fiber, texture and whole-grain goodness, use whole wheat pita bread instead of regular pita bread.

Pork Fajita Wraps

2 carb choices

Prep Time: 20 Minutes
Start to Finish: 35 Minutes
Servings: 4

¼ cup lime juice
1½ teaspoons ground cumin
¾ teaspoon salt
4 cloves garlic, finely chopped
½ lb pork tenderloin, cut into very thin slices
1 large onion, thinly sliced
3 medium bell peppers, thinly sliced
4 flour tortillas (8 inch)

1. In shallow glass or plastic dish, mix lime juice, cumin, salt and garlic. Stir in pork. Cover; refrigerate, stirring occasionally, at least 15 minutes but no longer than 24 hours.

2. Remove pork from marinade; reserve marinade. Heat 12-inch nonstick skillet over medium-high heat. Add pork; cook 3 minutes, stirring once. Stir in onion, bell peppers and marinade. Cook 5 to 8 minutes longer, stirring frequently, until onion and peppers are crisp-tender.

3. Place one-fourth of pork mixture on center of each tortilla. Fold one end of tortilla up about 1 inch over pork mixture; fold right and left sides over folded end, overlapping.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 260 (Calories from Fat 60); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0.5g); Cholesterol 35mg; Sodium 770mg; Total Carbohydrate 34g (Dietary Fiber 3g; Sugars 5g); Protein 18g
% Daily Value: Vitamin A 6%; Vitamin C 70%; Calcium 10%; Iron 20%
Exchanges: 2 Starch, 1 Vegetable, 1½ Lean Meat

Tip »

HEALTH TWIST
One bell pepper packs a nutritional punch. It contains one and one-half times the vitamin C your body needs daily.

Mushroom-Swiss Veggie Burgers

2 carb choices

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 4

- 4 frozen vegetable burgers
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 4 slices (about 1 oz each) reduced-fat Swiss cheese
- ¼ cup fat-free mayonnaise
- 4 whole-grain hamburger buns
- 4 tomato slices
- 4 lettuce leaves
- Ketchup and mustard, if desired

1. Heat gas or charcoal grill. Place vegetable burger on grill over medium heat. Cover grill; cook 6 to 9 minutes, turning once, until thoroughly heated.

2. Divide mushrooms evenly onto patties; top with cheese. Cover grill; cook 1 to 2 minutes longer or until cheese is melted. Spread 1 tablespoon mayonnaise on each bun. Serve patties in buns with tomatoes, lettuce, ketchup and mustard.

High Altitude (3500-6500 ft): Cover and grill over medium-low heat.

Nutrition Information Per Serving:
1 SERVING: Calories 300 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 15mg; Sodium 930mg; Total Carbohydrate 32g (Dietary Fiber 8g; Sugars 8g); Protein 25g
% Daily Value: Vitamin A 10%; Vitamin C 4%; Calcium 40%; Iron 20%
Exchanges: 1½ Starch, ½ Other Carbohydrate, 3 Very Lean Meat, 1 Fat

Tips »

SUCCESS HINT
If you haven't had veggie burgers for a while, you're in for a treat! They come in many flavors, from Cajun-spiced to classic grilled. Choose your favorite version.

SERVE-WITH
Team these burgers with classic picnic fare: Carrot and celery sticks, fresh-cut melon and lemonade.

Herb-Roasted Root
Vegetables, p. 74

simple salads and vegetables

Loaded with color, freshness and nutrients, these stunning salads and very-easy vegetables will tastefully round out your meals.

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Noodles and Peanut Sauce Salad Bowl

3½ carb choices

Prep Time: 25 Minutes
Start to Finish: 25 Minutes
Servings: 4 (1¾ cups each)

- 8 oz uncooked whole wheat linguine, broken in half
- 2 cups fresh broccoli florets
- 1 cup julienne-cut carrots (from 10-oz bag)
- 1 medium bell pepper, cut into bite-size pieces
- ¼ cup peanut butter
- 2 tablespoons water
- 2 teaspoons canola oil
- 2 tablespoons rice vinegar or white vinegar
- 2 tablespoons reduced-sodium soy sauce
- ½ teaspoon ground ginger
- ⅛ teaspoon ground red pepper (cayenne)
- 3 medium green onions, chopped (3 tablespoons)
- 3 tablespoons chopped fresh cilantro

1. Cook linguine as directed on package, adding broccoli, carrots and bell pepper during last minute of cooking; drain pasta and vegetables. Rinse with cold water until pasta and vegetables are cool; drain.

2. Place peanut butter in small bowl. With wire whisk, gradually beat water and oil into peanut butter until smooth. Beat in vinegar, soy sauce, ginger and ground red pepper.

3. In large serving bowl, stir together pasta mixture, peanut sauce, onions and cilantro until well mixed.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 370 (Calories from Fat 100); Total Fat 12g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 0mg; Sodium 570mg; Total Carbohydrate 51g (Dietary Fiber 8g; Sugars 6g); Protein 14g
% Daily Value: Vitamin A 120%; Vitamin C 110%; Calcium 8%; Iron 15%
Exchanges: 2 Starch, 1 Other Carbohydrate, 1 Vegetable, 1 High-Fat Meat, ½ Fat

Tips »

HEALTH TWIST

This recipe is an all-in-one. It's packed with all the nutrients you need for a meal (and more!); just add a glass of sparkling water flavored with fresh lemon or lime slices.

HEALTH TWIST

Your mental health is as important as your physical health. Pay attention to what's happening in your life and how you feel about it. Sit quietly for a few minutes and think about your day—it's a way to rejuvenate your body, mind and soul.

Asian Tossed Salad

1 carb choice

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 5 (1 cup each)

- 3 cups shredded romaine lettuce
- 1½ cups (from 16-oz bag) coleslaw mix (shredded cabbage and carrots)
- 1 cup fresh sugar snap peas, trimmed
- ½ cup shredded carrots
- ¼ cup very thinly sliced red onion
- ¼ cup fat-free mayonnaise or salad dressing
- ¼ cup Chinese chicken salad dressing
- 1 tablespoon honey
- 2 tablespoons slivered almonds

1. In large bowl, mix lettuce, coleslaw mix, peas, carrots and onion.

2. In small bowl, mix mayonnaise, salad dressing and honey with wire whisk until smooth.

3. Add dressing mixture to salad; toss to mix. Sprinkle with almonds.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 110 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 240mg; Total Carbohydrate 12g (Dietary Fiber 2g; Sugars 8g); Protein 2g
% Daily Value: Vitamin A 90%; Vitamin C 35%; Calcium 4%; Iron 4%
Exchanges: ½ Other Carbohydrate, 1 Vegetable, 1 Fat

Tips »

SUBSTITUTION

If you can't find Chinese dressing you can make your own by mixing ¼ cup reduced-fat or fat-free mayonnaise, 3 tablespoons citrus vinaigrette dressing, 1 tablespoon soy sauce and 1 tablespoon honey.

SUCCESS HINT

For the best results, toss the dressing with the salad ingredients just before serving.

California Citrus-Broccoli Slaw

1 carb choice

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 12

SLAW

- 1 bag (16 oz) broccoli slaw
- 1 small jicama, peeled, cut into julienne strips (2 cups)
- 3 oranges
- 1 small red onion, cut in half, thinly sliced (1 cup)
- ⅔ cup chopped fresh cilantro

CITRUS DRESSING

- 3 tablespoons canola oil
- 3 tablespoons lemon juice
- 4 teaspoons sugar
- 1½ teaspoons grated orange peel
- ⅛ teaspoon salt

1. In large bowl, mix broccoli slaw and jicama. Peel oranges with sharp paring knife. Cut oranges into ¼-inch slices; cut each slice into fourths. Add oranges, onion and cilantro to broccoli mixture.

2. In tightly covered container, shake dressing ingredients. Pour dressing over salad; toss. Serve immediately, or cover and refrigerate up to 24 hours.

Nutrition Information Per Serving:
1 SERVING: Calories 80 (Calories from Fat 35); Total Fat 3.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 40mg; Total Carbohydrate 11g (Dietary Fiber 3g; Sugars 5g); Protein 2g
% Daily Value: Vitamin A 8%; Vitamin C 100%; Calcium 4%; Iron 2%
Exchanges: ½ Other Carbohydrate, 1 Vegetable, ½ Fat

Tips »

SUCCESS HINT
Before peeling the orange, grate the orange peel for the dressing.

DID YOU KNOW?
Jicama is a crunchy root vegetable with a sweet, nutty flavor that's popular in Mexican cuisine. Its pretty ivory color does not discolor making it a natural to use in salads.

Spinach-Mango Salad

2½ carb choices

Prep Time: 10 Minutes
Start to Finish: 10 Minutes
Servings: 6 (1 cup each)

- 1 tablespoon canola oil
- 2 tablespoons cider vinegar
- ⅓ cup peach or apricot preserves
- ½ teaspoon salt
- 1 bag (6 oz) baby spinach leaves
- 2 mangoes, cut lengthwise in half, seed removed and cut up (2 cups)
- ½ cup very thinly sliced red onion
- ½ cup golden raisins

1. In small bowl, beat oil, vinegar, preserves and salt with wire whisk or fork until blended.

2. In large bowl, toss remaining ingredients. Pour dressing over spinach mixture, tossing gently to coat.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 170 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 230mg; Total Carbohydrate 36g (Dietary Fiber 2g; Sugars 25g); Protein 2g
% Daily Value: Vitamin A 60%; Vitamin C 50%; Calcium 4%; Iron 6%
Exchanges: 1 Fruit, 1 Other Carbohydrate, 1 Vegetable, ½ Fat

Tips »

SERVE-WITH
This light and sweet salad partners nicely with baked fish, cooked carrots and crusty whole-grain rolls.

HEALTH TWIST
Spinach and mangoes make this recipe high in vitamins A and C. Try to get at least five or more ½ cup servings of fruits and veggies per day for optimal health.

Black Beans and Greens

1 carb choice

Prep Time: 10 Minutes
Start to Finish: 10 Minutes
Servings: 6 (about 1 cup each)

3 tablespoons fat-free Italian dressing
½ teaspoon grated lime peel
1 tablespoon lime juice
1 tablespoon chopped fresh cilantro
1 can (15 oz) black beans, drained, rinsed
3½ cups mixed salad greens (about half of 10-oz bag)
1 medium tomato, cut into wedges
½ avocado, pitted, peeled and chopped (⅓ cup)

1. In 1-cup measuring cup, mix dressing, lime peel, lime juice and cilantro.

2. In large bowl, toss beans, salad greens and tomato. Stir in dressing mixture until salad is coated. Top with avocado.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 130 (Calories from Fat 25); Total Fat 3g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 95mg; Total Carbohydrate 20g (Dietary Fiber 8g; Sugars 2g); Protein 6g
% Daily Value: Vitamin A 35%; Vitamin C 15%; Calcium 6%; Iron 10%
Exchanges: 1 Starch, 1 Vegetable, ½ Fat

Tips »

SPECIAL TOUCH
For added crunch, divide salad among six plates and arrange baked tortilla chips around the edge of each plate.

HEALTH TWIST
Avocados contain vitamin E, an antioxidant thought to help protect against heart disease and some types of cancer.

Pineapple-Berry Salad with Honey-Mint Dressing

2 carb choices

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 4 (¾ cup each)

- 3 tablespoons frozen (thawed) lemonade concentrate
- 2 tablespoons honey
- 1 tablespoon chopped fresh mint leaves
- ½ fresh pineapple, peeled, cored and cut into chunks (about 2 cups)
- ¼ cup fresh blueberries
- ¼ cup fresh raspberries
- ¼ cup sliced fresh strawberries

1. In 1-cup measuring cup, mix lemonade concentrate, honey and mint.

2. In large bowl, gently stir together remaining ingredients. Stir in lemonade mixture until fruits are coated. Serve immediately, or refrigerate up to 4 hours.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 120 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 0mg; Total Carbohydrate 28g (Dietary Fiber 2g; Sugars 23g); Protein 0g
% Daily Value: Vitamin A 0%; Vitamin C 70%; Calcium 0%; Iron 2%
Exchanges: ½ Fruit, 1½ Other Carbohydrate

Tips »

SUCCESS HINT

Go berry crazy and use ¾ cup of any combination of your favorite berries.

DID YOU KNOW?

Pineapples don't ripen after harvest, so select fresh-looking pineapples with a sweet aroma.

Mediterranean Quinoa Salad

2 carb choices

Prep Time: 30 Minutes
Start to Finish: 1 Hour 35 Minutes
Servings: 4 (¾ cup each)

- 1 cup uncooked quinoa
- 2 cups chicken broth with roasted garlic (from two 14-oz cans)
- ½ cup chopped drained roasted red bell peppers (from 7-oz jar)
- ½ cup cubed reduced-fat provolone cheese
- ¼ cup chopped kalamata olives
- 2 tablespoons chopped fresh basil leaves
- 2 tablespoons fat-free Italian dressing

1. Rinse quinoa under cold water 1 minute; drain. In 2-quart saucepan, heat quinoa and broth to boiling. Reduce heat; cover and simmer 15 to 20 minutes or until quinoa is tender; drain. Cool completely, about 45 minutes.

2. In large serving bowl, toss quinoa and remaining ingredients. Serve immediately, or refrigerate 1 to 2 hours before serving.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 250 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 0mg; Sodium 740mg; Total Carbohydrate 33g (Dietary Fiber 3g; Sugars 5g); Protein 13g
% Daily Value: Vitamin A 30%; Vitamin C 70%; Calcium 15%; Iron 25%
Exchanges: 2 Starch, 1 Lean Meat, ½ Fat

Tip »

HEALTH TWIST
Quinoa is an authentic grain from Peru that's becoming more popular because it's high in protein, cooks quickly and tastes great!

Asparagus and Corn with Honey-Mustard Glaze

1 carb choice

Prep Time: 10 Minutes
Start to Finish: 20 Minutes
Servings: 5 (½ cup each)

- 1 lb fresh asparagus spears
- 1 cup Green Giant® frozen whole kernel corn
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- ¼ teaspoon lemon-pepper seasoning

1. Snap off tough ends of asparagus; cut stalks into 1-inch pieces.

2. In 2-quart saucepan, heat ½ cup water to boiling. Add asparagus and corn; reduce heat. Simmer uncovered 5 to 8 minutes or until asparagus is crisp tender; drain.

3. In small bowl, mix mustard, honey and lemon-pepper seasoning. Stir into hot vegetables.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 50 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 75mg; Total Carbohydrate 11g (Dietary Fiber 1g; Sugars 4g); Protein 2g
% Daily Value: Vitamin A 10%; Vitamin C 4%; Calcium 0%; Iron 4%
Exchanges: ½ Other Carbohydrate, 1 Vegetable

Tips »

SUBSTITUTION

Green beans, cut into 1-inch pieces, can be substituted for the asparagus.

SERVE-WITH

This colorful side goes well with grilled steaks or chicken and crusty rolls. Add Blueberry-Barley Pudding, page 83, for dessert.

Sesame Pea Pods

0 carb choice

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 6

- 1 tablespoon sesame or canola oil
- ½ lb fresh snow pea pods, strings removed (2 cups)
- 1 tablespoon sesame seed
- 1 medium yellow or red bell pepper, cut into thin strips

1. In 10-inch skillet, heat oil over medium-high heat. Add pea pods and sesame seed; cook about 2 minutes, stirring frequently, until pea pods are crisp-tender.

2. Stir in bell pepper. Cook about 2 minutes, stirring frequently, until bell pepper is crisp-tender.

Nutrition Information Per Serving:
1 SERVING: Calories 45 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 0mg; Total Carbohydrate 3g (Dietary Fiber 0g; Sugars 2g); Protein 1g
% Daily Value: Vitamin A 6%; Vitamin C 40%; Calcium 0%; Iron 4%
Exchanges: ½ Vegetable, ½ Fat

Tip »

HEALTH TWIST

Asian cuisine can be great for your health because so many veggies are included. Get adventurous with the vegetables you use. Try bamboo shoots, sprouts and lily pods. Select simmered, steamed and stir-fried foods, but pass on the tempura and other fried delicacies.

Broccoli, Pepper and Bacon Toss

1 carb choice

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 6 (½ cup each)

- 1 bag (14 oz) Green Giant Select® frozen broccoli florets
- 2 cups frozen bell pepper and onion stir-fry (from 1-lb bag)
- ½ cup raisins
- 2 tablespoons reduced-fat coleslaw dressing
- 2 tablespoons real bacon pieces (from 2.8-oz package)

1. Cook broccoli and bell pepper and onion stir-fry separately in microwave as directed on bags. Drain well.

2. In large bowl, toss broccoli, bell pepper and onion stir-fry, raisins and coleslaw dressing. Sprinkle with bacon. Serve warm.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 110 (Calories from Fat 20); Total Fat 2g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 65mg; Total Carbohydrate 19g (Dietary Fiber 3g; Sugars 11g); Protein 4g
% Daily Value: Vitamin A 15%; Vitamin C 35%; Calcium 4%; Iron 4%
Exchanges: 1 Starch, 1 Vegetable

Tip »

HEALTH TWIST

For a side dish with zero fat, use fat-free coleslaw dressing.

Herb-Roasted Root Vegetables

1 carb choice

Prep Time: 15 Minutes
Start to Finish: 1 Hour 10 Minutes
Servings: 6 (½ cup each)

- 2 medium turnips, peeled, cut into 1-inch pieces (3 cups)
- 2 medium parsnips, peeled, cut into ½-inch pieces (1½ cups)
- 1 medium red onion, cut into 1-inch wedges (1 cup)
- 1 cup ready-to-eat baby-cut carrots
- Cooking spray
- 2 teaspoons Italian seasoning
- ½ teaspoon coarse salt

1. Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. Arrange vegetables in single layer in pan. Spray with cooking spray (2 or 3 seconds). Sprinkle with Italian seasoning and salt.

2. Bake uncovered 45 to 55 minutes, stirring once, until vegetables are tender.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 70 (Calories from Fat 5); Total Fat 0.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 260mg; Total Carbohydrate 14g (Dietary Fiber 4g; Sugars 7g); Protein 1g
% Daily Value: Vitamin A 70%; Vitamin C 20%; Calcium 4%; Iron 4%
Exchanges: ½ Starch, 1 Vegetable

Tips »

DID YOU KNOW?

Roasting brings out the natural sweetness of vegetables. As some of the moisture is evaporated in the high heat, the sugar is concentrated, so it tastes sweeter.

HEALTH TWIST

Roasting is a great, low fat way to cook because no fat is added. Other low fat ways to cook are: broiling, boiling, grilling, braising and simmering.

Roasted Butternut Squash Combo

½ carb choice

Prep Time: 15 Minutes
Start to Finish: 45 Minutes
Servings: 8 (½ cup each)

1 medium butternut squash, peeled, seeded and cut into 1-inch chunks (about 4 cups)
1 medium red or green bell pepper, cut into 16 pieces
2 tablespoons olive or canola oil
½ teaspoon seasoned salt
½ teaspoon dried basil leaves
¼ teaspoon garlic powder
¼ teaspoon coarse ground black pepper

1. Heat oven to 425°F. Spray 13x9-inch pan with cooking spray. In large bowl, mix all ingredients until squash and bell pepper are coated. Spread in pan.

2. Roast uncovered 25 to 30 minutes, stirring once, until squash is tender.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 60 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 90mg; Total Carbohydrate 7g (Dietary Fiber 1g; Sugars 3g); Protein 0g
% Daily Value: Vitamin A 140%; Vitamin C 30%; Calcium 2%; Iron 2%
Exchanges: ½ Starch, ½ Fat

Tip »

DID YOU KNOW?
Butternut is the variety of squash shaped like a peanut and is a great source of vitamins A and C.

Zucchini with Edamame and Tomatoes

½ carb choice

Prep Time: 10 Minutes
Start to Finish: 15 Minutes
Servings: 4 (½ cup each)

1 small zucchini, cut lengthwise into fourths, then cut crosswise into ½-inch slices
1 cup refrigerated fully cooked ready-to-eat shelled edamame or frozen (thawed) shelled edamame
1 medium tomato, coarsely chopped (½ cup)
2 teaspoons chopped fresh basil leaves
¼ teaspoon garlic salt
⅛ teaspoon pepper
1 tablespoon shredded Parmesan cheese

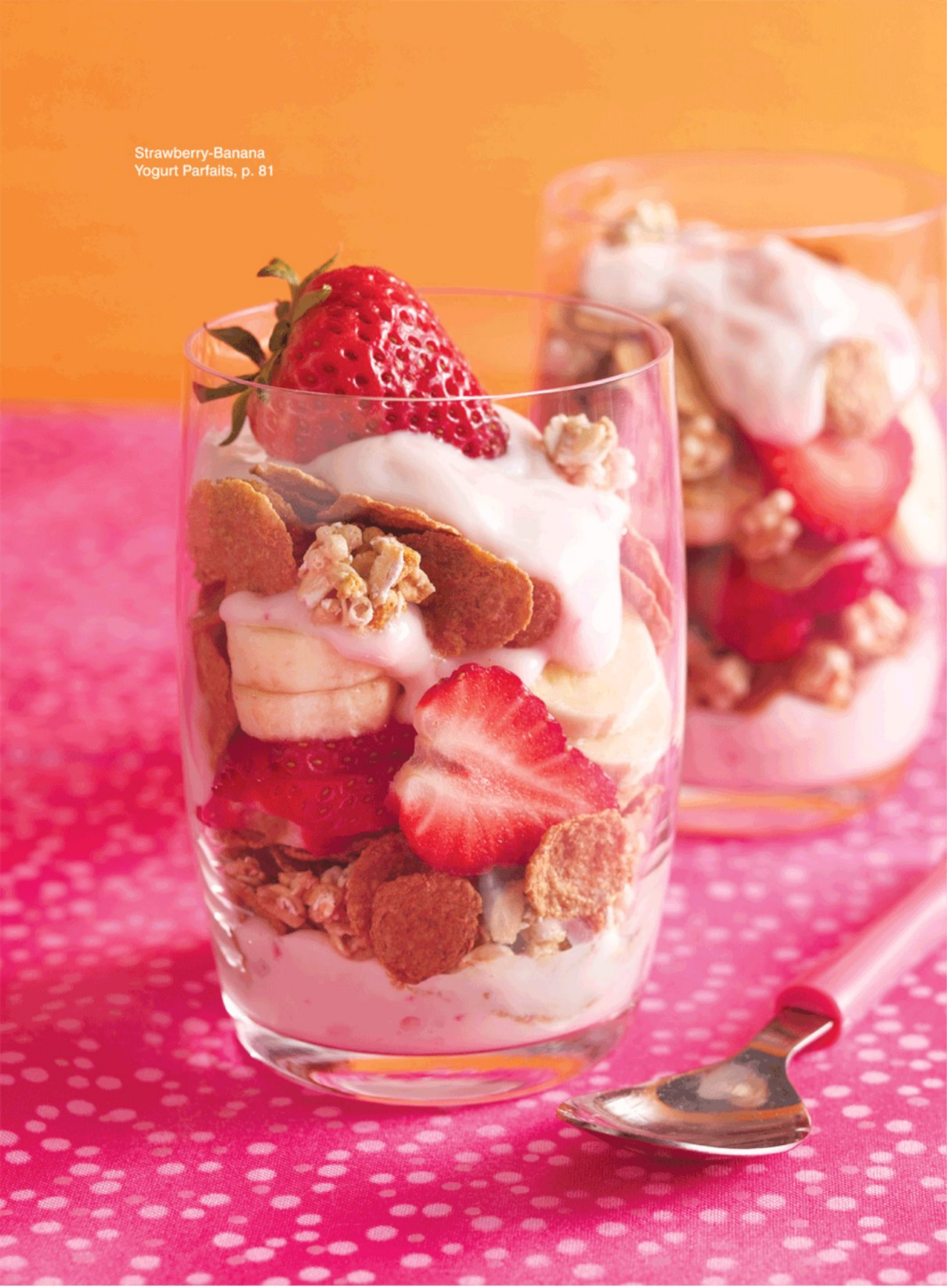
1. In 2-quart saucepan, heat ¼ cup water to boiling over medium heat. Add zucchini and edamame; simmer 3 to 5 minutes or until vegetables are crisp-tender. Drain well; return to saucepan.

2. Stir in remaining ingredients except cheese. Cook and stir about 1 minute or until heated.

3. Place zucchini mixture in serving dish. Sprinkle with cheese.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 60 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 95mg; Total Carbohydrate 5g (Dietary Fiber 2g; Sugars 2g); Protein 5g
% Daily Value: Vitamin A 6%; Vitamin C 10%; Calcium 6%; Iron 4%
Exchanges: 1 Vegetable, ½ Very Lean Meat, ½ Fat



Strawberry-Banana
Yogurt Parfaits, p. 81

delicious desserts and snacks

Save a couple of carb choices for these super, hard-to-resist desserts and snacks that are actually good for you!

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Peach and Blueberry Crisp with Crunchy Nut Topping

1½ carb choices

Prep Time: 20 Minutes
Start to Finish: 50 Minutes
Servings: 6

- 4 medium peaches, peeled, sliced
- 1 cup fresh or frozen (thawed and drained) blueberries
- 2 tablespoons packed brown sugar
- 2 tablespoons orange juice
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup Total® cereal, slightly crushed
- ⅓ cup chopped pecans

1. Heat oven to 375°F. Spray bottom and sides of square baking dish, 8x8x2 inches, or rectangular baking dish, 11x7x1½ inches, with cooking spray.

2. Place peaches and blueberries in baking dish. Stir together brown sugar, orange juice, cinnamon and nutmeg in small bowl; drizzle over fruit.

3. Bake 15 minutes. Sprinkle with crushed cereal and pecans. Bake 10 to 15 minutes longer or until peaches are tender when pierced with fork.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 150 (Calories from Fat 45); Total Fat 5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 50mg; Total Carbohydrate 24g (Dietary Fiber 3g; Sugars 16g); Protein 2g
% Daily Value: Vitamin A 4%; Vitamin C 8%; Calcium 2%; Iron 8%
Exchanges: ½ Starch, ½ Fruit, ½ Other Carbohydrate, 1 Fat

Tips »

HEALTH TWIST

If you like fruit crisps with streusel topping, you'll love this recipe. Instead of the traditional crumble, crushed cereal and nuts give this topping the same great crunch for fewer calories and carbs.

SERVE-WITH

If you have an extra Carbohydrate Choice to play around with, enjoy this fruity dessert with a scoop of no-sugar-added ice cream.

Creamy Vanilla-Caramel Cheesecake

1½ carb choices

Prep Time: 20 Minutes
Start to Finish: 20 Minutes
Servings: 16

8 thin chocolate wafer cookies (from 9-oz package), crushed (½ cup)
2 packages (8 oz each) reduced-fat cream cheese (Neufchâtel), softened
⅔ cup sugar
3 egg whites or ½ cup fat-free egg product
2 teaspoons vanilla
2 cups vanilla low-fat yogurt
2 tablespoons Gold Medal® all-purpose flour
⅓ cup fat-free caramel topping
Pecan halves, if desired

1. Heat oven to 300°F. Spray springform pan, 9x3 inches, with cooking spray. Sprinkle cookie crumbs over bottom of pan.

2. Beat cream cheese in medium bowl with electric mixer on medium speed until smooth. Add sugar, egg whites and vanilla. Beat on medium speed about 2 minutes or until smooth. Add yogurt and flour. Beat on low speed until smooth.

3. Carefully spread batter over cookie crumbs in pan. Bake 1 hour. Turn off oven; cool in oven 30 minutes with door closed. Remove from oven; cool 15 minutes. Cover and refrigerate at least 3 hours.

4. Drizzle caramel topping over cheesecake. Garnish with pecan halves. Store covered in refrigerator.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 180 (Calories from Fat 70); Total Fat 8g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 25mg; Sodium 190mg; Total Carbohydrate 21g (Dietary Fiber 0g; Sugars 17g); Protein 5g
% Daily Value: Vitamin A 6%; Vitamin C 0%; Calcium 8%; Iron 0%
Exchanges: 1 Starch, ½ Other Carbohydrate, 1½ Fat

Tip »

HEALTH TWIST

If you really love dessert, eat it as a snack between meals so you don't exceed your Carbohydrate Choices for a meal.

Strawberry-Banana Yogurt Parfaits

3 carb choices

Prep Time: 10 Minutes
Start to Finish: 10 Minutes
Servings: 4

- 2 containers (6 oz each) Yoplait® Original 99% Fat Free strawberry yogurt
- 2 cups Fiber One® Honey Clusters® cereal
- 1 cup sliced fresh strawberries
- 1 medium banana, thinly sliced
- 4 whole fresh strawberries

1. In each of 4 (10-oz) plastic cups or parfait glasses, layer 2 tablespoons yogurt, ¼ cup cereal, ¼ cup strawberry slices and ¼ of banana slices.

2. Top each with 2 tablespoons yogurt, ¼ cup cereal and remaining yogurt. Garnish top of each parfait with whole strawberry.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 230 (Calories from Fat 15); Total Fat 2g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 5mg; Sodium 180mg; Total Carbohydrate 48g (Dietary Fiber 8g; Sugars 23g); Protein 5g
% Daily Value: Vitamin A 15%; Vitamin C 60%; Calcium 15%; Iron 15%
Exchanges: ½ Starch, 1 Fruit, 1 Other Carbohydrate, ½ Skim Milk

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Tip »

TIME-SAVER
You're five ingredients and 10 minutes away from dipping into a deliciously layered high-fiber dessert made of yogurt, fruit and cereal.

Pumpkin Smoothies

2 carb choices

Prep Time: 10 Minutes
Start to Finish: 5 Minutes
Servings: 2 (1 cup each)

1¼ cups 8th Continent® vanilla soymilk
¼ cup cold canned pumpkin (not pumpkin pie mix)
1 container (6 oz) Yoplait® Original 99% Fat Free French vanilla yogurt
1 tablespoon honey
½ teaspoon pumpkin pie spice
¼ teaspoon vanilla

1. Place all ingredients in blender or food processor. Cover; blend on high speed about 1 minute or until smooth.

2. Pour into 2 glasses. Serve immediately.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 190 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 150mg; Total Carbohydrate 35g (Dietary Fiber 1g; Sugars 30g); Protein 7g
% Daily Value: Vitamin A 110%; Vitamin C 2%; Calcium 30%; Iron 6%
Exchanges: 1½ Other Carbohydrate, 1 Skim Milk

Tips »

VARIATION

You can make Sweet Potato Smoothies by substituting sweet potatoes for the pumpkin.

HEALTH TWIST

This extra-easy smoothie goes together in minutes yet is so good for you. It's high in calcium from the soy milk and yogurt and high in vitamin A from the pumpkin.

Blueberry-Barley Pudding

3 carb choices

Prep Time: 20 Minutes
Start to Finish: 3 Hours
Servings: 6

- 2 cups water
- Dash salt
- 1 cup uncooked quick-cooking barley
- ½ cup vanilla low-fat yogurt
- 3 tablespoons maple-flavored syrup
- 1 cup frozen (thawed) fat-free whipped topping
- ⅓ cup chopped walnuts, toasted
- ¼ teaspoon ground cinnamon
- ½ cup fresh or frozen (thawed and drained) blueberries
- Dash ground cinnamon
- Additional chopped walnuts, if desired

1. In 2-quart saucepan, heat water and salt to boiling. Stir in barley; reduce heat. Cover; simmer 10 to 12 minutes or until tender. Cool completely, about 30 minutes.

2. In medium bowl, mix yogurt and maple syrup. Gently stir in whipped topping. Stir in barley, ⅓ cup walnuts and ¼ teaspoon cinnamon. Cover; refrigerate 2 hours. Stir in blueberries.

3. Sprinkle pudding with additional walnuts and dash cinnamon before serving.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 250 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Total Carbohydrate 42g (Dietary Fiber 6g; Sugars 10g); Protein 6g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 6%; Iron 6%
Exchanges: 1½ Starch, 1 Other Carbohydrate, 1½ Fat

Tip »

HOW-TO

Toasted nuts add a lot of great flavor. To toast nuts, bake uncovered in ungreased shallow pan in 350°F oven 6 to 10 minutes, stirring occasionally, until light brown.

Double-Banana Bread

2 carb choices

Prep Time: 15 Minutes
Start to Finish: 3 Hours 45 Minutes
Servings: 1 loaf (16 slices)

BREAD

- ¾ cup sugar
- ¼ cup canola oil
- ¾ cup buttermilk
- 2 teaspoons vanilla
- 1 egg
- 1 cup mashed very ripe bananas (2 medium)
- 2 cups Gold Medal® all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup dried banana chips, chopped
- 2 cups Curves® Honey Crunch cereal, slightly crushed

TOPPING

- ½ cup Curves® Honey Crunch cereal, crushed
- 2 teaspoons sugar
- 2 teaspoons canola oil
- Reserved 2 tablespoons banana chips

1. Heat oven to 350°F. Spray bottom only of 9x5-inch loaf pan with cooking spray. In large bowl, beat ¾ cup sugar and ¼ cup oil with electric mixer on low speed until well mixed. Beat in buttermilk, vanilla and egg just until blended. Beat in bananas.

2. With spoon, stir in flour, baking soda and salt just until blended. Set aside 2 tablespoons chopped banana chips for topping. Stir remaining banana chips and 2 cups cereal into batter. Spoon into pan; spread evenly. In small bowl, mix topping ingredients until crumbly. Sprinkle over batter in pan.

3. Bake 1 hour 10 minutes to 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan to cooling rack. Cool completely, about 2 hours, before slicing.

High Altitude (3500-6500 ft): Heat oven to 375°F. Add ¼ cup water with the buttermilk. Bake 1 hour 5 minutes to 1 hour 10 minutes.

Nutrition Information Per Serving:
1 SLICE: Calories 210 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 15mg; Sodium 180mg; Total Carbohydrate 35g (Dietary Fiber 2g; Sugars 14g); Protein 3g
% Daily Value: Vitamin A 2%; Vitamin C 4%; Calcium 4%; Iron 10%
Exchanges: 1 Starch, 1½ Other Carbohydrate, 1 Fat

Three-Seed Flatbread

½ carb choice

Prep Time: 10 Minutes
Start to Finish: 1 Hour 15 Minutes
Servings: 12

6 frozen unbaked large whole wheat rolls (from 48-oz package)
2 teaspoons olive or canola oil
3 cloves garlic, finely chopped
1 teaspoon ground flaxseed or flaxseed meal
½ teaspoon black sesame seed or poppy seed
½ teaspoon white sesame seed
½ teaspoon salt
¼ teaspoon dried basil leaves
2 tablespoons shredded Parmesan cheese

1. On microwavable plate, place frozen rolls. Cover with microwavable plastic wrap; microwave on High 25 seconds. Turn rolls over; rotate plate ½ turn. Microwave on High 25 seconds longer to thaw.

2. Spray 13x9-inch pan with cooking spray. On lightly floured surface, knead roll dough together. Pat dough in bottom of pan; brush with oil. Sprinkle with remaining ingredients.

3. Cover; let rise in warm place about 40 minutes or until slightly puffy.

4. Heat oven to 350°F. Bake 20 to 22 minutes or until golden brown. Cut into 12 squares.

Nutrition Information Per Serving:
1 SERVING: Calories 70 (Calories from Fat 20); Total Fat 2g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 230mg; Total Carbohydrate 10g (Dietary Fiber 1g; Sugars 2g); Protein 3g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 4%
Exchanges: ½ Starch, ½ Fat

Tip »

HEALTH TWIST
Olive oil is a great choice for this three-seed bread. It contains monounsaturated fat and antioxidants. A simple change, like replacing butter with olive oil, can help lower cholesterol.

Baked Apples with Rum-Caramel Sauce

3 carb choices

Prep Time: 5 Minutes
Start to Finish: 15 Minutes
Servings: 4

- 4 medium baking apples
- 2 tablespoons water
- 1 cup vanilla low-fat ice cream
- ¼ cup fat-free caramel topping
- 1 tablespoon rum or apple cider
- Dash ground cinnamon

1. Cut thin slice off bottom and top of each apple. Using paring knife or apple corer, remove core from each apple.

2. In 8- or 9-inch square microwavable dish, place apples upright. Pour 2 tablespoons water over apples. Cover with microwavable plastic wrap, folding back one edge or corner ¼ inch to vent steam. Microwave on High 8 to 10 minutes or until apples are tender. Reserve 1 tablespoon cooking liquid. Cut each apple in half.

3. Place 2 apple halves in each individual serving bowl. For each serving, spoon ¼ cup ice cream between apple halves. In small bowl, stir caramel topping, 1 tablespoon cooking liquid and the rum; pour over apples. Sprinkle with cinnamon.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 200 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 100mg; Total Carbohydrate 41g (Dietary Fiber 3g; Sugars 31g); Protein 2g
% Daily Value: Vitamin A 4%; Vitamin C 6%; Calcium 6%; Iron 0%
Exchanges: ½ Starch, 1 Fruit, 1 Other Carbohydrate, 1 Fat

Parmesan-White Bean Dip

½ carb choice

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 28 (1 tablespoon dip and 3 carrot sticks each)

- 1 tablespoon olive or canola oil
- 2 cloves garlic, finely chopped
- 2 teaspoons chopped fresh or 1 teaspoon dried thyme leaves
- 1 can (19 oz) Progresso® cannellini beans, drained, rinsed
- ⅓ to ½ cup chicken broth or white wine
- 2 tablespoons chopped fresh Italian (flat-leaf) parsley
- 1 cup shredded Parmesan cheese (3¾ oz)
- 7 dozen carrot sticks

1. Heat oil in heavy 2-quart saucepan over medium heat. Cook garlic and thyme in oil 1 to 2 minutes, stirring constantly, until garlic is light golden. Remove from heat.

2. Add beans and broth to saucepan. Partially mash beans with potato masher. Stir in parsley. Heat over medium-low heat, stirring occasionally, until bean mixture is heated through. Stir in cheese until melted. Serve warm with carrot sticks.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 50 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 80mg; Total Carbohydrate 5g (Dietary Fiber 1g; Sugars 0g); Protein 3g
% Daily Value: Vitamin A 40%; Vitamin C 2%; Calcium 6%; Iron 4%
Exchanges: 1 Vegetable, ½ Fat

Tip »

HEALTH TWIST
Many dips made with sour cream or mayonnaise are high in fat. Using beans as a base for this dip keeps the fat low and gives you added fiber.

Three-Cheese and Bacon Spread

1 carb choice

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 8 (about 2 tablespoons spread, 4 crackers and 2 apple slices each)

- ⅓ cup shredded reduced-fat Cheddar cheese
- 4 oz (half of 8-oz package) fat-free cream cheese, softened
- 1 tablespoon grated Parmesan cheese
- 2 tablespoons fat-free (skim) milk
- ⅛ teaspoon paprika
- Dash pepper
- 2 tablespoons real bacon bits (from 3-oz package)
- ¼ cup raisins
- 2 medium green onions, thinly sliced (2 tablespoons)
- 16 water crackers or melba toast rounds
- 1 medium red apple, cut into 16 slices

1. In small bowl, beat Cheddar cheese, cream cheese, Parmesan cheese, milk, paprika and pepper with electric mixer on medium speed until smooth.

2. Stir in bacon bits, raisins and onions until well blended.

3. Serve spread with crackers and apple.

Nutrition Information Per Serving:
1 SERVING: Calories 100 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 250mg; Total Carbohydrate 15g (Dietary Fiber 1g; Sugars 7g); Protein 5g
% Daily Value: Vitamin A 4%; Vitamin C 4%; Calcium 8%; Iron 4%
Exchanges: ½ Starch, ½ Other Carbohydrate, ½ Lean Meat

Tip »

HEALTH TWIST
To keep fat low, it's important to read labels to see what's in the crackers you buy. Look for reduced-fat and whole wheat or whole grain whenever you can.

Chocolate Chex® Marshmallow Clusters

2 carb choices

Prep Time: 15 Minutes
Start to Finish: 40 Minutes
Servings: 16 (½ cup each)

- 6 cups Chocolate Chex® cereal
- 2 cups tiny pretzel twists or tiny pretzel fish-shaped crackers
- 1 jar (7 oz) marshmallow creme
- ½ cup candy-coated chocolate candies

1. Heat oven to 350°F. Spray large roasting pan with cooking spray. In very large bowl, mix cereal and pretzels. Set aside.

2. In medium microwavable bowl, microwave marshmallow creme uncovered on High about 1 minute, stirring after 30 seconds, until creme is melted and can be stirred smooth. Stir; pour over cereal mixture, stirring until evenly coated. Spread in pan.

3. Bake 8 to 10 minutes, stirring after 5 minutes, until coating just begins to turn very light golden brown. Remove from oven; stir in candies. Spread on waxed paper until cooled, about 15 minutes. Break into clusters. Store loosely covered.

High Altitude (3500-6500 feet): Bake 12 to 14 minutes.

Nutrition Information Per Serving:
1 SERVING: Calories 140 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 160mg; Total Carbohydrate 27g (Dietary Fiber 0g; Sugars 16g); Protein 2g
% Daily Value: Vitamin A 4%; Vitamin C 4%; Calcium 4%; Iron 20%
Exchanges: ½ Starch, 1½ Other Carbohydrate, ½ Fat

Tip »

VARIATION
Tailor this treat to the seasons. When special holiday shapes of pretzels and candies are available, use those to customize this treat for party favors or gifts.

Applesauce-Carrot Spice Cake

1 carb choice

Prep Time: 25 Minutes
Start to Finish: 2 Hours 25 Minutes
Servings: 32

CAKE

1 cup old-fashioned or quick-cooking oats
1¼ cups unsweetened applesauce
1 cup packed brown sugar
2 cups shredded carrots (about 4 medium)
½ cup fat-free egg product or 2 eggs
⅓ cup canola oil
1½ cups Gold Medal® whole wheat flour
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon pumpkin pie spice
½ cup golden raisins

FROSTING

4 oz (from 8-oz package) reduced-fat cream cheese (Neufchâtel), softened
¼ cup powdered sugar
3 tablespoons milk
1 teaspoon vanilla

1. Heat oven to 350°F. Spray 12-cup fluted tube cake pan with cooking spray.

2. In large bowl, mix oats, applesauce, brown sugar, carrots, egg product and oil with spoon until well mixed. Stir in remaining cake ingredients just until moistened. Pour into pan.

3. Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan to wire rack. Cool completely, about 1 hour.

4. In small bowl, beat cream cheese and powdered sugar with electric mixer on medium speed until smooth. Beat in milk and vanilla until well mixed. Place cake on serving plate. Spoon frosting over cake.

Nutrition Information Per Serving:
1 SERVING: Calories 110 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 135mg; Total Carbohydrate 17g (Dietary Fiber 1g; Sugars 10g); Protein 2g
% Daily Value: Vitamin A 25%; Vitamin C 0%; Calcium 4%; Iron 4%
Exchanges: 1 Starch, ½ Fat

Chewy Chocolate-Oat Bars

2 carb choices

Prep Time: 20 Minutes
Start to Finish: 2 Hours 15 Minutes
Servings: 16 bars

- ¾ cup semisweet chocolate chips
- ⅓ cup fat-free sweetened condensed milk (from 14-oz can)
- 1 cup Gold Medal® whole wheat flour
- ½ cup quick-cooking oats
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup fat-free egg product or 1 egg
- ¾ cup packed brown sugar
- ¼ cup canola oil
- 1 teaspoon vanilla
- 2 tablespoons quick-cooking oats
- 2 teaspoons butter or margarine, softened

1. Heat oven to 350°F. Spray 8- or 9-inch square pan with cooking spray.

2. In 1-quart heavy saucepan, heat chocolate chips and milk over low heat, stirring frequently, until chocolate is melted and mixture is smooth. Remove from heat.

3. In large bowl, stir together flour, ½ cup oats, the baking powder, baking soda and salt; set aside. In medium bowl, stir egg product, brown sugar, oil and vanilla with fork until smooth. Stir into flour mixture until blended. Reserve ½ cup dough in small bowl for topping.

4. Pat remaining dough in pan (if dough is sticky, spray fingers with cooking spray or dust with flour). Spread chocolate mixture over dough. Add 2 tablespoons oats and the butter to reserved dough; mix with pastry blender or fork until well mixed. Place small pieces of mixture evenly over chocolate mixture.

5. Bake 20 to 25 minutes or until top is golden and firm. Cool completely, about 1 hour 30 minutes. For bars, cut into 4 rows by 4 rows.

High Altitude (3500-6500 feet): Heat oven to 375°. Bake 18 to 23 minutes.

Nutrition Information Per Serving:
1 BAR: Calories 180 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 0mg; Sodium 115mg; Total Carbohydrate 27g (Dietary Fiber 1g; Sugars 18g); Protein 3g
% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6%
Exchanges: 1 Starch, 1 Other Carbohydrate, 1 Fat

Mexican Chocolate-Raspberry Parfaits

2 carb choices

Prep Time: 15 Minutes
Start to Finish: 15 Minutes
Servings: 4

- 1¼ cups 8th Continent® light chocolate soymilk
- 1 box (4-serving size) chocolate instant pudding and pie filling mix
- ¼ teaspoon ground cinnamon
- 1 slice (4x1-inch) angel food cake, torn into pieces
- ½ cup frozen (thawed) fat-free whipped topping
- ½ cup fresh or frozen (thawed and drained) raspberries
- Grated semisweet chocolate, if desired

1. In medium bowl, beat soymilk, pudding mix and cinnamon with wire whisk until mixture is blended and thickened.

2. To assemble, spoon 2 tablespoons pudding into each of 4 small parfait glasses. Layer each with ¼ of the cake, 1 tablespoon whipped topping and 2 tablespoons of the raspberries. Top each with remaining pudding and whipped topping. Garnish with grated chocolate.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:
1 SERVING: Calories 150 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 440mg; Total Carbohydrate 32g (Dietary Fiber 2g; Sugars 23g); Protein 3g
% Daily Value: Vitamin A 4%; Vitamin C 6%; Calcium 10%; Iron 6%
Exchanges: 1 Starch, 1 Other Carbohydrate

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Tip »

VARIATION
To make Mexican Chocolate-Orange Parfaits, substitute ½ cup well-drained mandarin orange segments for the raspberries.

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*25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. 8th Continent soymilk contains 6.25 grams of soy protein per serving. **Diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.

Roasted Sesame and Honey Snack Mix

1 carb choice

Prep Time: 10 Minutes
Start to Finish: 1 Hour 25 Minutes
Servings: 20 (½ cup each)

- 3 cups Wheat Chex® cereal
- 3 cups checkerboard-shaped pretzels
- 2 cups popped Pop Secret® Light microwave popcorn
- 1 cup sesame sticks
- 1 cup mixed nuts
- ¼ cup honey
- 3 tablespoons canola oil
- 2 tablespoons sesame seed, toasted, if desired

1. Heat oven to 275°F. Mix cereal, pretzels, popcorn, sesame sticks and nuts in ungreased 15x10x1-inch pan.

2. Mix remaining ingredients in small bowl. Pour over cereal mixture, stirring until evenly coated.

3. Bake 45 minutes, stirring occasionally. Spread on waxed paper until cooled, about 30 minutes. Store in tightly covered container up to 1 week.

Nutrition Information Per Serving:
1 SERVING: Calories 150 (Calories from Fat 60); Total Fat 7g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 240mg; Total Carbohydrate 20g (Dietary Fiber 2g; Sugars 5g); Protein 3g
% Daily Value: Vitamin A 2%; Vitamin C 2%; Calcium 4%; Iron 20%
Exchanges: 1 Starch, ½ Other Carbohydrate, 1 Fat

Tip »

HOW-TO

To quickly toast sesame seed, cook in a small nonstick skillet over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown.

nutrition and recipe testing guidelines

Daily Values are set by the Food and Drug Administration and based on the needs of most healthy adults. Percent Daily Values are based on an average diet of 2,000 calories per day. Your daily values may be higher or lower depending on your caloric needs.

RECOMMENDED INTAKE FOR A DAILY DIET OF 2,000 CALORIES

Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

CALCULATING NUTRITION INFORMATION GUIDELINES

- The first ingredient is used wherever a choice is given (such as ⅓ cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- The first serving number is used wherever a range is given (such as 4 to 6 servings).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

INGREDIENTS USED FOR RECIPE TESTING AND NUTRITION CALCULATIONS

The following ingredients, based on most commonly purchased ingredients, are used unless indicated otherwise:

- Large eggs
- 2% milk
- Vegetable-oil spread with at least 65% fat whenever margarine is used
- Solid vegetable shortening (not margarine, butter or nonstick cooking spray) is used for greasing pans

EQUIPMENT USED IN RECIPE TESTING

- Cookware and bakeware without nonstick coatings are used unless specified in recipe.
- Whenever a baking pan is specified in a recipe, a metal pan is used; wherever a baking dish or pie plate is specified, oven proof glass or ceramic ovenware is used.

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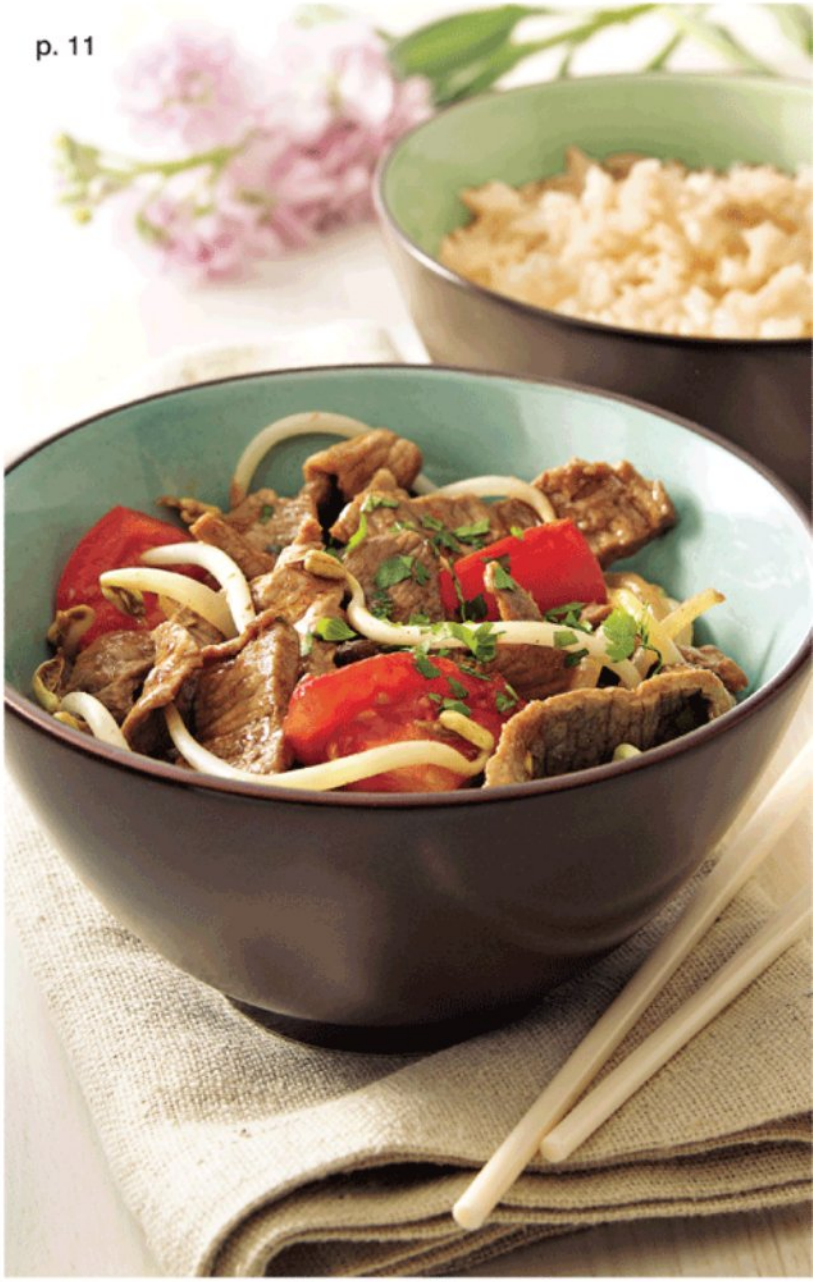

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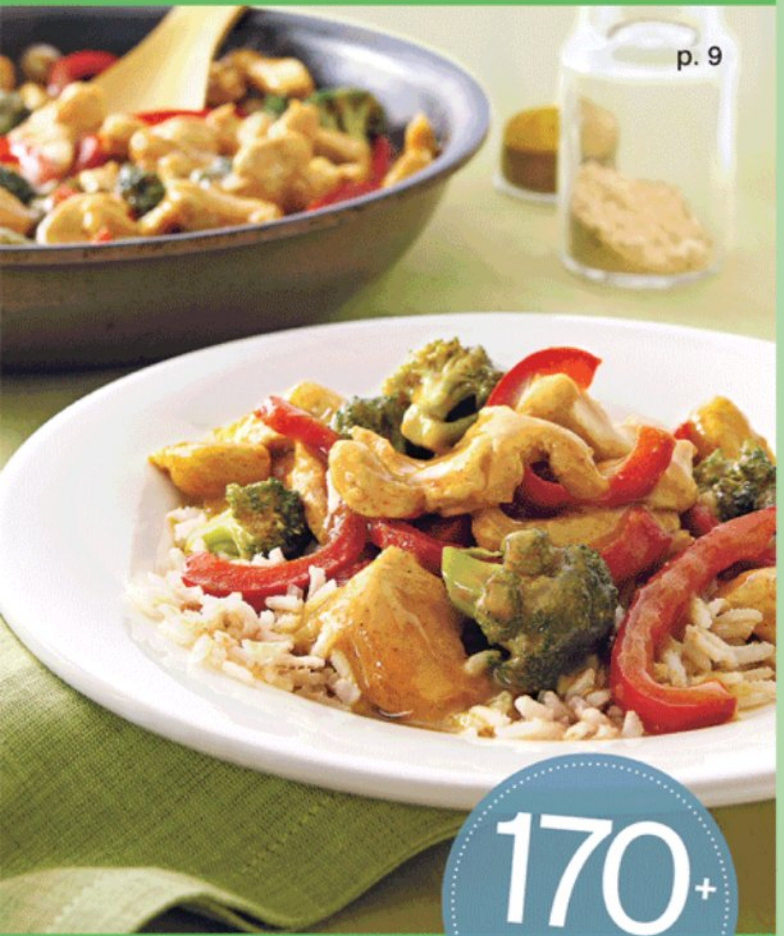

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